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FocusOn FirstNations

Metro Canada continues its focus on First Nations and Aboriginal news, community issues, arts and culture as part of a special series coinciding with the Assembly of First Nations convention, ending tomorrow in Calgary.

- Today
- **Study reveals high rates of violence against women, page 4**
- **Fontaine reflects, page 5**
- **Poverty linked to jail rates, page 5**
- **Lawrence Martin breaks down the AFN election candidates, page 8**
- **Joseph Quesnel stresses reforms needed in AFN, page 8**
- **Inuit women earn first graduate degrees in Nunavut, page 11**
- **Nunavut singer 'fierce, alternative rocker,' page 26**

Sports pg 10

Looks like Halladay won't go

T.O.CivicStrike

The latest news about the Toronto city workers' strike.

- Today
- **Breaking down the talks, page 3**

Synchro Team Canada makes a splash at world's

MARK J. TERRILL/THE ASSOCIATED PRESS

The Canadian synchronized swimming team performs during the free combination preliminary at the FINA Swimming World Championships in Rome yesterday. Diver Emilie Heymans of Quebec won silver in the women's three-metre springboard. **Story page 10**

A chain reaction

Listeriosis report outlines litany of problems behind outbreak

A report into last summer's listeriosis outbreak has found a litany of problems behind the crisis that claimed 22 lives, including a poor response by the federal government.

Investigator Sheila Weatherill's sweeping investigation, released yesterday, found a confluence of events contributed to what was one of Canada's worst food-borne illness outbreaks.

Among the findings, federal meat inspectors assigned to the Maple Leaf Foods plant in Toronto where the outbreak started were "stressed" over having to oversee several other meat-processing plants and government officials were also slow off the mark in responding to the outbreak after it started last July.

The report makes 57 recommendations to help prevent another outbreak.

Maple Leaf Foods

- Maple Leaf Foods company president Michael McCain favours the Canadian Food Inspection Agency getting more resources along with more government regulations around food safety.

It says Canada's chief public health officer should be given a greater role during outbreaks of food-borne illnesses.

The report also recommends manufacturers design easy-to-clean meat-processing equipment that limits the spread of bacteria.

The report does not include findings of criminal or civil liability.

This little piggy goes to sanctuary

RESCUED Wiggles, the little piglet that won hearts after falling off a transport truck on Highway 401 in May, has found a home.

The piglet was found "shivering like crazy" lying on the side of the 401, near Mavis Road, by a Good Samaritan May 25.

She was taken to the Toronto Humane Society on River Street where she has since been treated for a broken leg and cuts and bruises to her feet, head and backside.

"She's not going back into the factory farm chain ... She's been through enough." Ian McConachie, Humane society

A farm pig hasn't been brought to the animal shelter for about 30 years, Ian McConachie, spokesperson for the THS said at the time. "She's not going back into the factory farm chain and becoming food," McConachie said. "She's been through enough."

This afternoon, Wiggles will be moving into the Painted Rock Animal Farm and Sanctuary in Tottenham, Ont., where she will have plenty of other rescued animals to play with. TORSTAR NEWS SERVICE

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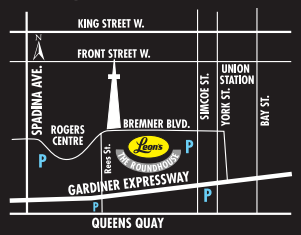

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Applications close Friday for Sunlight Green Clean Kids, a contest to find the 10 most environmentally conscious children across Canada. Each winner will receive a $2,000 honorarium. Visit www.SunlightGreenCleanKids.ca. METRO NEWS SERVICES

Local

Police search for missing man

The Toronto Police Service is requesting the public's assistance locating a missing man. Robert James Crouse, left, was last seen July 11 at 2 a.m., at his home in the Dundas Street East and Coxwell Avenue area. He is described as white, 5'8"–5'9", 160–165 lbs., with brown hair and blue eyes. He was last seen wearing green pants and a black sweater with a "FedEx" logo. METRO NEWS SERVICES

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Tomorrow's Metro

Relating
Steve Collins brings his take on relationships to Metro readers.

metronews.ca

WHAT'S ONLINE TODAY

Video Woodstock residents feel a mix of anguish and relief after Tori Stafford's remains were found. Watch at **metronews.ca/canada**

Video Kelowna residents return home after evacuation order lifted at **metronews.ca/canada**

Blogs Sexcetera on a study that reveals the financial value of saying 'I love you'

Lotteries

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These results are not official.

ShareYourViews

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Union, city keeping apart

T.O.CivicStrike

Everyone talks about the bargaining table in the Toronto's civic workers' strike, but few people — including many of the negotiators — ever see it.

When talks began early this year, both locals met city negotiators face to face — the outside workers at the former East York civic centre, the inside workers at Metro Hall.

The two sides have barely met in the same room since the strike began.

Mayor David Miller's decision to go public with the city's offer 10 days ago incensed union officials, who regarded the move as an attempt to bypass them and go directly to the members. Now, when the city has a proposal, it is carried by a mediator to another room where the union stays and they then review it. Keeping the two sides in separate quarters for the most part is probably the best tactic for mediators at the moment, says Alan Levy, a professor of labour relations at Manitoba's Brandon University.

Levy says the city made a misstep and probably lengthened the strike when it went over the heads of union negotiators by releasing its offer directly to union members.

TORSTAR NEWS SERVICE

Where they bargain

- The outside workers bargain at the Delta Toronto East
- The inside workers are at the Sheraton Centre

Suspects believed to be in Mexico

WARRANTS A couple wanted in the death of Consuelo Valencia-Russo, a Toronto French teacher found dead in the trunk of her car, is believed to be hiding in Mexico City.

The couple paid cash for two tickets to Mexico and flew out of Pearson International Airport on July 8 — the day after police believe Valencia-Russo was killed.

Consuelo Valencia-Russo

Detectives are preparing provisional warrants for Mexican authorities that will lay out the case against the suspects.

Once those are in place, a ground search for the pair can begin, said Toronto Det. Sgt. Terry Browne yesterday..

First-degree murder warrants have been issued for Juan Antonio Reyes, 23, and Ana Laura Rodrigues, 19, both of Mexico.

TORSTAR NEWS SERVICE

Violence concerns Tamil group

KILLING Tamil gangs aren't really gangs at all.

Typically, they don't sell drugs or steal. There is no hierarchy or affiliated colours. And members, usually around 16 to 18 years old, don't carry handguns. In fact, says one youth, these "gangs" are so unconnected, they don't even know where to look for weapons.

"So they carry what they can get, kitchen knives and hammers or whatever," said "J," a 20-year-old who admits he joined a Tamil gang after immigrating to Canada two years ago.

Standing in the back parking lot of a grungy Scarborough plaza, where on Monday afternoon 19-year-old Annu Indrakanthan was beaten to death, J says teens join a gang for protection and to feel important.

The idea of gang violence in the Tamil community is not new, said Sri-Guggan Sri-Skanda-rajah, a board member with the Canadian Tamil Youth Development Centre. Gang violence peaked in the 1990s, he said, but the latest spate of violence has many in the community worried.

"We are now experiencing a resurgence of violence," said Sri-Skanda-rajah. "We are very concerned."

Some of the Tamil-on-Tamil fighting, he admits, could be the remnants of violence that many youth left behind in Sri Lanka.

TORSTAR NEWS SERVICE

PAWEL DWULIT/TORSTAR NEWS SERVICE

Nevi Indrakanthan, 16, and Thamara Balasuntharam, 3, try to console Rasiah Indrakanthan, the father of 19-year-old Annu Indrakanthan who was attacked and killed in a vicious swarming.

"We are now experiencing a resurgence of violence." Sri-Guggan Sri-Skanda-rajah Canadian Tamil Youth Development Centre

Flu vaccines show lower yields: Experts

Flu Outbreak

OUTBREAK It may take substantially longer to make the full amounts of Influenza A (H1N1), also known as swine flu, vaccines Canada has contracted to buy because efforts to improve the yield of the vaccine seed strains aren't bearing fruit, experts say.

Three of the laboratories involved in the work are sounding increasingly pessimistic that the yield problem can be fixed in the short term. "It's not looking very bright at the moment," said John Wood, principal scientist at Britain's National Institute for Biological Standards and Control. He indicated that they were able to create 75 per cent less vaccines for this virus.

The number of confirmed cases of swine flu in Ontario now stands at 3,804, according to the latest numbers from the Ontario Ministry of Health.

Health-care professionals from across Canada, including Ontario's chief medical officer of health, Dr. Arlene King, are meeting in Toronto this week to draft plans to deal with a potential H1N1 pandemic.

METRO NEWS SERVICES

Pig farm

- The Canadian Food Inspection Agency has confirmed that two of its inspectors caught swine flu in late April while investigating an outbreak on an Alberta pig farm.

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Highway 401 rollover sends woman to hospital

A 28-year-old Toronto woman was airlifted to hospital yesterday afternoon after suffering serious injuries in a single-vehicle rollover crash on Highway 401 in Mississauga. A 60-year-old passenger was taken by ground ambulance with less serious injuries. TORSTAR NEWS SERVICE

Report on missing Aboriginal women paints a grim picture

HEATHER BUCHAN
for Metro Toronto

Canadians are all-too familiar with Vancouver's notorious Downtown Eastside where hundreds of women have gone missing without a trace over the past decades, the majority of whom are Aboriginal.

But a recent report addressing the high numbers of missing and murdered Aboriginal women in Canada reveals an alarmingly high rate of ongoing sexual and racial violence against Aboriginal women here in Ontario, resulting in their disappearances and deaths.

Entitled Voices of Our Sisters in Spirit, the March 2009 report by the Native Women's Association of Canada has compiled 520 cases across the country, 59 of which, or 12 per cent, were in Ontario. That's a disproportionately high number given the size of Ontario's Aboriginal population compared to the Western provinces where 80 per cent of Aboriginal peoples live.

Of those 520 cases across the country, 126 women are still missing, while 347 have been found dead in alleys, under bridges, on rural roads and in their homes as a result of neglect or homicide.

FocusOn FirstNations

"Young people never knew how to interact with the opposite sex. They learned abuse."
Andrea Chrisjohn, Native centre

But why are Aboriginal women violently assaulted four times as frequently as non-Aboriginal women?

The tragic legacy of the Indian Act of 1876, which set up a system that discriminated against native women's land ownership and legal status has left many on the margins of society.

Andrea Chrisjohn, director of Toronto Council Fire Native Cultural Centre, which offers social services to Aboriginal peoples, points to the residential schools as the precipitator of violence against women within Aboriginal communities.

"Abuse is all they knew in the schools," says Chrisjohn. "If you're taught that, how can you know any different? Young people never knew how to interact with the opposite sex. They learned abuse," she adds.

According to Amnesty International, the marginalization of Aboriginal women has pushed them into extreme poverty, homelessness and prostitution, leaving them more vulnerable to being exploited both by Aboriginal and non-Aboriginal men.

Voices from across the nation

• OTTAWA: It has been nearly 11 months since Maniwaki, Que., teens Maisy Odjick and Shannon Alexander disappeared, but despite no new information, the families haven't given up hope. "It's difficult because there's been no new information at all," said Odjick's aunt Maria Jacko. "I strongly believe that there is not enough done for missing Aboriginal women and children."

• EDMONTON: The search for missing Aboriginal women in Alberta is an ongoing effort, staffed by law enforcement and loved ones seeking their missing sisters, mothers and daughters. "It's more than a racial issue, but in Canada, it becomes a racial issue," said Kathy King, mother of slain Aboriginal sex trade worker Cara King, whose body was found in a canola field in Sherwood Park in 1997. "It's unfortunate the large percentage of missing are Aboriginal, but that speaks historically to the larger issue of vulnerability."

• CALGARY: Two memorials held in Calgary honour missing or murdered Aboriginal woman through Justice for Jackie and Walk 4 Justice. Justice for Jackie Peace Walk happens annually to honour Jackie Crazybull who was killed in a random attack July 11, 2007. No one has been charged in her murder. The Walk 4 Justice came through Calgary in 2008 en route to Ottawa to raise awareness of missing or murdered women and children.

HEATHER BUCHAN/ FOR METRO TORONTO

IAN WILLMS/TORSTAR NEWS SERVICE

Rebekah Mattis speaks with other coaches at the Toronto Basketball Association summer camp in Scarborough this week.

Summer school more than math

EDUCATION Breathless from basketball tag with the boys and girls she is coaching, Rebekah Mattis grabs a moment's break before returning to talk to these junior jocks about the word of the day: Perseverance.

There's a special word every day designed to promote values as well as sports savvy at this special "Focus on Youth" day camp, one of several run by local school boards and social agencies for inner-city children across Toronto.

Five days a week Mattis spends her time shooting hoops and boosting the confidence of children here at Blessed Mother Teresa Catholic Secondary School.

She earns $12 an hour for dribbling and dodging and discussing life skills — but Mattis also is earning two high school credits.

It may not look like summer school, but there are 400 students across the Toronto Catholic District School Board earning cash and credits for community work this summer through the board's innovative "paid co-op" program.

It's another example of a program that has boosted summer school enrolment at the board to record levels. TORSTAR NEWS SERVICE

News in brief

ISOTOPES The federal government should compensate provinces for extra costs incurred by hospitals because of the shortage of medical isotopes caused by the shutdown of the Chalk River nuclear reactor, Ontario Health Minister David Caplan said yesterday. THE CANADIAN PRESS

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Resistant bacteria found at Owen Sound hospital
Officials at the Owen Sound hospital say five patients have caught an antibiotic-resistant bacteria (VRE), but none have become sick. THE CANADIAN PRESS

Canada

Fontaine reflects on Aboriginal leadership

Search for new National Chief begins today

FocusOn FirstNations

AMY GREGSON
for Metro Canada

National Chief Phil Fontaine took the last day of his reign to address his followers and reflect upon his leadership of Canadian Aboriginal Peoples over the past decade.

Fontaine has been the National Chief for the last nine years, and he told delegates yesterday at the 30th annual Assembly of First Nations conference in Calgary that stepping down was a difficult decision, but one with which he is content.

The former chief of the Sagkeeng First Nation in Manitoba said he feels blessed to have had his time as leader.

"I consider it a rare privilege," he said.

Fontaine reflected on the past nine years, focusing on what has been accomplished for First Nations in this country, and said everything has been done for the good of the people.

ROBIN KUNIKSKI/FOR METRO CALGARY

Chief Phil Fontaine addressed delegates at the 30th AFN conference being held in Calgary yesterday.

Successes Fontaine touched on included improving band leadership representation between male and female elders, building relationships with the private sector and the $1.4-billion stimulus package for Aboriginals.

Fontaine also spoke about the apology given on June 11, 2008, to the survivors of residential schools and said it was a start to the work that still needs to be done.

"That work will be made so much easier by the apology and those words spoken by the Prime Minister," he said.

Fontaine added the gap between Aboriginals and other Canadians in terms of housing, education and quality of life still needs to be addressed.

The election for the new chief begins today.

Poverty linked to high jail rates: StatsCan

FocusOn FirstNations

22 The percentage of those serving time in 2007-08 who were Aboriginals.

REPORT Sky-high native incarceration rates are jarring for their sheer disproportion — and they rise with poverty and lack of education, says a new Statistics Canada report.

It says Aboriginal adults made up 22 per cent of those serving time in 2007-08, even though they account for just three per cent of the national population.

"Age, level of education and employment status can only partially explain the representation of Aboriginal adults incarcerated in Canadian prisons," the report concludes.

"The analysis suggests that other factors such as income, housing and rehabilitative needs may be involved in the representation of Aboriginal offenders in custody."

The study is based on rates of incarceration sampled on May 16, 2006, the day of the last census snapshot.

For both native and non-native adults aged 20 to 34, incarceration rates dropped off as education and income levels improved. But comparative decreases were greater for non-natives.

Incarceration rates appeared to be most disproportionate in parts of the Prairies, where native populations are highly concentrated. THE CANADIAN PRESS

News in brief

WILDFIRE About 6,000 residents of the Central Okanagan district in British Columbia began filing back into their fire-ravaged neighbourhood at 8 a.m. yesterday morning. That's when the evacuation order was downgraded to an evacuation alert for over half of the West Kelowna residents ordered out on Saturday as the Glenrosa forest fire burned out of control, claiming three homes and a trailer.

COMMUNICATIONS Telephone companies and broadcasters are being directed to improve access to their services for Canadians with disabilities. The CRTC says it wants to make it easier for all Canadians to use the latest communications services. THE CANADIAN PRESS

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Globalive gets go-ahead to start cellphones ringing

New wireless carrier Globalive now says it will be able to launch its cellphone service late this year or early 2010 because the CRTC has revised its plans and has committed to completing a review of the company's ownership structure by late October. THE CANADIAN PRESS

Sad truth: It's Tori's body

Police use dental records to end doubt about 8-year-old

Dental records confirmed the grim truth about Tori Stafford.

They were needed to show without a doubt that remains found Sunday are those of the missing Woodstock girl, police say.

Eight-year-old Tori was last seen three months ago as she left her school with a dark-haired woman in Woodstock.

OPP Det. Insp. Bill Renton told a news conference he could not comment on a cause of death.

He said an examination of the remains is continuing at Toronto's Centre of Forensic Sciences and could take a week or longer to complete.

Renton, the lead investigator in the case, said the next step for police is to prepare for court.

Two Woodstock residents, Terri-Lynne McClintic and Michael Rafferty, are charged with first-degree murder and kidnapping in the death and disappearance of the girl.

Their trials are not expected to begin until sometime next year.

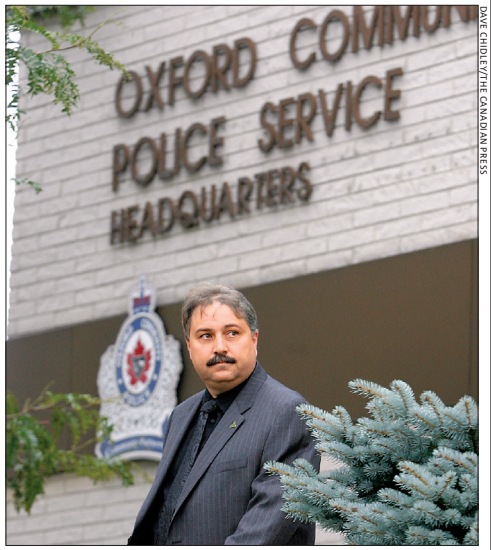
"We cannot give our lives over to fear"
Michael Harding, Woodstock mayor

Mayor Michael Harding said the horrific case has deeply affected the people of Woodstock.

"I think we're probably looking at our kids in a different light but we cannot give our lives over to fear," Harding said.

Provincial police Commissioner Julian Fantino offered "deep regrets" to Tori's family and the community.

THE CANADIAN PRESS



DAVE CHIDLEY/THE CANADIAN PRESS

Ontario Provincial Police lead investigator Bill Renton walks from the Oxford Community Police building to address the media at a press conference in Woodstock yesterday.

Criminals took holiday last year: StatsCan

CRIME A new study says police-reported crime continued to decline in 2008.

Statistics Canada says both the traditional crime rate and its Crime Severity Index fell five per cent last year.

The agency says that means both the volume of police-reported crime and its severity decreased.

Violent crime also dropped, but to a lesser extent.

Statistics Canada says there were about 77,000 fewer reported crimes in 2008, including 28,000 fewer thefts of $5,000 and under, 22,000 fewer breakins and 20,000 fewer motor-vehicle thefts.

Crime severity was down in virtually all provinces, with the largest decline reported in Manitoba.

About one in five crimes reported to police is violent.

Homicides, which make up less than one per cent of violent crime, were one of the few violent crimes to increase in 2008.

THE CANADIAN PRESS

The figures

The 2008 severity index for each province and territory, noting the change from 2007:

- **Newfoundland and Labrador:** 71.2, down 6 per cent.
- **Prince Edward Island:** 68.2, up 7 per cent.
- **Nova Scotia:** 83.6, down 9 per cent
- **New Brunswick:** 71.3, up 1 per cent.
- **Quebec:** 82.5, down 3 per cent.
- **Ontario:** 70.6, down 5 per cent.
- **Manitoba:** 128.7, down 14 per cent.
- **Saskatchewan:** 156.1, down 5 per cent.
- **Alberta:** 110.1, down 4 per cent.
- **British Columbia:** 120.9, down 8 per cent.
- **Yukon:** 181.5, down 2 per cent.
- **Northwest Territories:** 337.7, up 1 per cent.
- **Nunavut:** 324.2, up 2 per cent.

SOURCE: STATISTICS CANADA

Bankers starting to smile

RECESSION Canadian and American bankers suggested yesterday an end to the recession may be in sight.

The Bank of Canada and U.S. Federal Reserve chairman Ben Bernanke expressed confidence the economies of their countries are showing signs of improvement.

The optimism was more pronounced in the case of the Bank of Canada, which all but declared the recession over by brightening its outlook for the Canadian economy for the remainder of this year and next.

"There are increasing signs that economic activity has begun to expand in many countries," the Bank of Canada said.

The bank's unsigned statements are widely considered to reflect the views of Bank of Canada governor Mark Carney, who will hold a news conference tomorrow to discuss the central bank's latest monetary outlook.

In testimony before Congress, his American counterpart was more measured, declaring the pace of the economic decline in the United States had slowed and repeating the Fed's forecast that the U.S. economy should start growing again in the second half of this year.

THE CANADIAN PRESS

Samaritans save woman in car

RESCUE Two passersby helped save the life of a woman trapped in a vehicle submerged in a pond.

Police say a vehicle on Route 10 near Biscay Bay, Newfoundland, landed in the water yesterday after swerving to avoid an ATV.

There were two women inside — only one got out.

Police say a man and woman from Quebec went into the water and freed the unconscious woman, who was revived by medical personnel.

THE CANADIAN PRESS

News in brief

NEW WONDERS The Bay of Fundy is among the remaining 28 contenders in a global campaign to find seven new wonders of nature. It's the only Canadian site named yesterday to proceed to the final phase of the contest. The top 77 were selected this month and evaluated by a panel on unique natural features, such as rock formations, national parks and ecological significance.

THE CANADIAN PRESS

STAY CLEAR STAY SAFE

Recreational activities near hydro stations and dams are dangerous

Stay clear of hydroelectric stations, dams, shorelines and surrounding waterways. Hydro stations operate year-round and affect water flows and ice conditions. Water that looks safe can become treacherous in minutes. Ice that forms near, or even several kilometres away can be dangerous. If you see water levels changing, move a safe distance away immediately. Obey all warnings, signs, booms and buoys or you could face charges and fines of up to $2000.

O.P.P. ONTARIOPOWER GENERATION

Visit opg.com to receive your free water safety DVD or children's computer game.

U.S. reaches grim milestone
A man convicted in five of six 1992 Christmas holiday killings was executed yesterday, the 1,000th execution in the U.S. since the death penalty was reinstated in 1976. THE ASSOCIATED PRESS

7

World

China tightens web

Domestic Twitter-like services shut down

Two more websites dedicated to social networking went offline in China yesterday amid tightening controls that have blocked Facebook, Twitter and other popular sites that offered many Chinese a rare taste of free expression.

China's crackdown on social networking sites began in March, when Chinese web users found they could no longer visit YouTube shortly after video appeared on the site purporting to show Chinese security officials mistreating Tibetans.

The blockages continued through the 20th anniversary of the Tiananmen Square demonstrations and the recent ethnic riots in Xinjiang, with homegrown and overseas micro-blogging and photo-sharing sites among those targeted.

Digu and Zuosa, two Chinese websites that offer micro-blogging services similar to Twitter, were both shut down for maintenance yesterday, according to notices posted on their homepages. A Digu spokeswoman who would only give her surname, Zhang, said the site was offline so it could be moved to a new server. She said it would be down for at least a week.

"It's a sensitive period, so we are not in a rush to reopen it," Zhang said, adding that some Digu users had recently tried to post politically sensitive material to the site and that the company was having to censor such content.

China has the world's largest population of Internet users, more than 298 million, and the world's most extensive system of web monitoring and censorship. THE ASSOCIATED PRESS

GREG BAKER/THE ASSOCIATED PRESS

Chinese customers surf the web at an Internet cafe in Beijing.

Rift growing between U.S. and Israel

MIDDLE EAST Israel's deputy prime minister said yesterday the Obama administration's call to freeze West Bank settlement construction undermines past agreements between the U.S. and Israel and damages American credibility.

The comments by Dan Meridor underscored the growing rift between Israel and the U.S. over construction in the settlements. Meridor, a respected veteran of Israeli politics, is considered a moderate voice in the new Israeli government.

U.S. President Barack Obama has urged Israel to halt all settlement construction as a confidence-building move to restart stalled peace negotiations.

Israeli Prime Minister Benjamin Netanyahu has said he would not build any new settlements, but that construction must be permitted inside existing settlements to accommodate what he calls "natural growth" in their populations. Nearly 500,000 Israelis now live in the West Bank and east Jerusalem — areas captured by Israel in the 1967 Mideast war and claimed by the Palestinians as part of a future independent state.

Israeli officials and former White House official Eliot Abrams have cited a series of written and oral understandings reached with the Bush administration that appear to permit limited settlement construction.

"We never had an agreement with the previous administration. We had an agreement with America," Meridor said. "The agreement we had with the Americans is binding on us and them ... They should keep to the agreement."

"What is required from Israel is to freeze all settlement activity," Palestinian President Mahmoud Abbas said yesterday. "When Israel meets these demands, we will be ready to go to the final negotiations." THE ASSOCIATED PRESS

Rampage

- Israeli settlers rampaged in the West Bank for a second day, cutting down some 40 olive trees belonging to Palestinian farmers in the village of Burin, said Mayor Ali Eid.

News in brief

MISSION When it comes to sneezing in a spacesuit while in space, it is best to aim well. That's the advice lead spacewalker David Wolf offered yesterday while answering one of the questions posted on YouTube for the crew of the space shuttle Endeavor. "I've done it quite a few times, most recently yesterday," said Wolf. "You learn in training, and I don't know how to say this, aim well. It can mess up your view and there is no way to clear it." **SCANDAL** Italy's opposition charged yesterday that Premier Silvio Berlusconi's sex scandal has damaged the image of the Italian government, as a news weekly released more recordings of what appear to be conversations he had with a prostitute. The opposition called on politicians to show "decorum" in their private lives. THE ASSOCIATED PRESS

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
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Comment

AFN turning away from extremist types

NationalReport

Lawrence Martin

metronews.ca/nationalreport

It was only a couple of years ago that the native peoples were threatening to shut down parts of the country's railway system at their national day of protest. One of the protest leaders was Terry Nelson of Manitoba. He enthusiastically declared that "we can shave $200 billion off the GDP of Canada."

Things have thankfully calmed down since then. Mr. Nelson is a candidate for the leadership of the Assembly of First Nations which will be decided in Calgary. But of the five contestants for the position his chances are deemed remote at best. The winner will likely be one of the more conservatively inclined candidates, Shawn Atleo or John Beaucage.

FocusOn FirstNations

That's surprising because the AFN has not exactly had an easy time with the Conservative government. It cut its funding to $7 million from $10 million. The Conservatives also did away with the Kelowna Accord, a $5-billion program of social assistance. But under outgoing national chief Phil Fontaine, the First Nations have moved to see gains can better be made through conciliation. The leading candidates to succeed Fontaine are focusing on economic development. They want more investment in housing and education to address their high cost of living.

Education is high on the candidates' agenda. It's appalling that funding for aboriginal students is $1,200 less than the national average.

Shawn Atleo, the regional chief of the AFN for British Columbia, is seen as the frontrunner in the election, in good part because the voting under the AFN's antiquated system is done by the country's 633 chiefs and about one-third of them are from B.C. The 42-year-old Atleo is pushing hard on education reform. His main challenger, John Beaucage, grand chief of the Union of Ontario Indians, is an economist who favours more self-government.

A third strong contender is Saskatchewan's Perry Bellegarde, who is pressing for an overhaul of fiscal relations with Ottawa.

AFN elections are hard to predict. In the past they have brought forward radicals like Mathew Coon Come. This time such an outcome is unlikely. Though their problems are enormous, though their living standards are embarrassing in a country of such wealth, the First Nation chiefs appear content to favour pragmatism over extremism.

How long that will last is the question.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Four modest proposals for a new AFN Chief

Joseph Quesnel

Guest Columnist

The Assembly of First Nations (AFN) is at a crossroads as they vote for a new National Chief today.

The eventual winner must adopt reforms to put First Nations first. Among them:

1) Become accountable.

Results of the annual Frontier Centre for Public Policy Aboriginal Governance Index, an on-the-ground survey of indigenous people in Manitoba, Saskatchewan and Alberta, found:

- Close to half of all respondents reported favours and payments were exchanged for votes.
- About 74 per cent said members of the chief's family disproportionately receive jobs in the community.
- About 30 per cent knew of people removed from the community for political reasons through a band council resolution.
- Sixty-two per cent said they "do not really" or "never" received access to the band's business plan or financial statements.

2) Recognize the central role of private property in promoting prosperity.

The AFN is uniquely positioned to promote private property rights within First Nations, which would allow members to secure loans, build businesses and become self-reliant. Preventing development may look bold, but traps communities in poverty.

FocusOn FirstNations

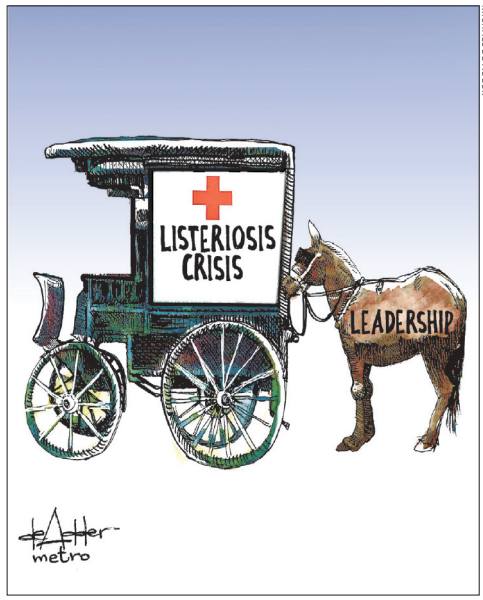
3) Lead by example and reform the AFN.

In 2005, the AFN's Renewal Commission called for drastic reforms, including adding a one-member, one-vote system for the national chief. Do it.

4) Stop playing politics.

The AFN stalled major initiatives that would have improved the lives of indigenous peoples: Axing the First Nation Governance Act in 2003 allowed electoral fraud to continue; the AFN's call for a three-year period before human rights legislation can be mandated for reserve governments exposed indigenous people to further oppression; recent calls to pull legislation that grants equal matrimonial property for First Nation women leaves women more vulnerable.

Joseph Quesnel is a policy analyst of Métis heritage with the Frontier Centre for Public Policy.



MICHAEL DE ADDER

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A&W same-store sales grow, profit flat
Burger chain A&W Revenue Royalties Income Fund said same-store sales grew 1.3 per cent in the second quarter and profit was flat. The Vancouver-based company is focused on selling its fast food to the baby boom generation. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Group pans move to hike music fee

ROYALTY The Canadian Restaurant and Food-services Association representing restaurants, bars and clubs says piped-in background music could be silenced if royalty fees go up as proposed.

The Neighbouring Rights Collective of Canada wants the royalty fee to increase by more than 3.5 times over the current rate, to properly compensate performers and engineers. THE CANADIAN PRESS

In brief

LEARJET Bombardier says the development of its new Learjet 85 is progressing well, despite slow business jet market. The aircraft manufacturer said it has achieved 60 key milestones as it prepares to enter the plane with an all-composite structure into service in 2013.

OPEL Canadian auto parts giant Magna International confirmed yesterday it has revised its offer for the European operation of General Motors, apparently dropping the price and changing the proposed ownership structure. Magna is vying to acquire German-based Opel in partnership with Russia's Sberbank. They are now offering 500 million euros, or about $900 million, for a 55 per cent stake in Opel.
THE CANADIAN PRESS

Continental Looking at job cuts

ROBERT GRAVES/THE ASSOCIATED PRESS FILE PHOTO

Continental Airlines posted a big loss for the second quarter, losing $213 million US which the carrier says it will cost 1,700 jobs. The airline says it will also raise by $5 each the fees for checking a first bag and booking a reservation over the phone.

Caterpillar sees sales slide but boosts 2009 profit forecasts

Caterpillar Inc.'s second-quarter profit tumbled on slumping sales of heavy equipment and the cost of workforce cuts, but the heavy equipment maker saw signs that the global economy is starting to stabilize after a prolonged slide.

Caterpillar boosted its 2009 profit forecast, citing evidence that government stimulus plans, particularly in China, are beginning to work. Global equipment sales — Caterpillar's largest source of revenue — plunged by 49 per cent, led by a 61 per cent decline in Europe, Africa and the Middle East and followed by a 51 per cent drop in North America.
THE ASSOCIATED PRESS

In Canada

- Toronto-area Caterpillar dealer Toromont Industries reported a lower second-quarter profit yesterday, pulled down by a 10 per cent drop in revenues. It earned $33.5 million. That's down from $37.8 million in the same year-ago period.

Ottawa stays aloof

Feds won't intervene in RIM-Nortel dispute

Ottawa will not intervene in a dispute between insolvent Nortel Networks and Research In Motion over the bidding process for Nortel's prized wireless division, Industry Minister Tony Clement said.

Nortel has received separate bids from European and U.S. companies for its wireless and corporate telephone systems unit. But under the auction rules, RIM is not allowed to bid for all the assets it wants, even though it says it is willing to fork out up to $1.1 billion US.

Late Monday, RIM said it has been prevented from making an offer and asked Ottawa to review the bidding process, suggesting that it has been shut out because of its desire to buy other Nortel assets as well.
THE CANADIAN PRESS

Other bidders

- New York-based MatlinPatterson Global Opportunities, offered $725 million US.
- Nokia Siemens previously made a $650-million US offer.

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2014 World Cup to be dry?

Brazilian prosecutors are promising to fight FIFA to keep alcohol from being sold in stadiums during the 2014 World Cup of soccer in Brazil. The Brazilian Football Confederation prohibits alcohol sales in stadiums, but it is not a law and it could be easily reversed during the World Cup. METRO NEWS SERVICES

Sports

Peeping Tom will pay: Lawyer

ESPN reporter Erin Andrews, left, was secretly videotaped in the nude in a hotel room and the video was posted on the Internet, her lawyer says. It's unknown when or where the video was shot or who shot it. Andrews plans to seek criminal charges and file civil lawsuits against the shooter of the video and anyone who publishes the material, her lawyer said. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Lawsuit accuses Steelers QB Roethlisberger of sex assault

ALLEGATIONS A woman has filed a lawsuit accusing Pittsburgh Steelers quarterback Ben Roethlisberger of raping her last summer in his penthouse hotel room at a casino in Lake Tahoe during a celebrity golf tournament.

Ben Roethlisberger

Roethlisberger's lawyer adamantly denied the allegations yesterday, noting the woman never went to the authorities.

"Ben has never sexually assaulted anyone. The timing of the lawsuit and the absence of a criminal complaint and a criminal investigation are the most compelling evidence of the absence of any criminal conduct," David Cornwell said in a statement. "If an investigation is commenced, Ben will co-operate fully and Ben will be fully exonerated."

Cornwell did not immediately reply to a phone message and email seeking more comment.

The suit seeks at least $390,000 US in damages from the quarterback and also alleges hotel officials for Harrah's Lake Tahoe covered up the incident. The woman's lawsuit says she didn't file a criminal complaint because she feared Harrah's would side with Roethlisberger and she would be fired.

THE ASSOCIATED PRESS

Heymans wins silver at worlds

AQUATICS Canadian diver Emilie Heymans added to her medal collection yesterday, winning silver in the women's three-metre springboard at the world swimming championships.

Chinese star Guo Jingjing continued her stranglehold on the event, winning for the fifth straight time.

Guo, 27, captured her first springboard world title in 2001, and she hasn't lost since in the every-other-year competition.

Heymans won silver on the platform at the Beijing Olympics, but is now concentrating on the springboard with the 2012 Games in mind.

"I think last year on the 10-metre, I reached my potential, so I decided to go on three-metre because I wanted to see what I was able to do," Heymans said on a conference call.

THE CANADIAN PRESS

It's official: Jarrett Jack signs with Raptors

BASKETBALL The Toronto Raptors officially introduced Jarrett Jack yesterday, signing the free agent guard to a US$20-million four-year deal as GM Bryan Colangelo continues to revamp his roster.

The Raptors signed the restricted free agent to an offer sheet on July 13, giving the Indiana Pacers a week to match the offer. They opted not to, clearing the way for Jack to land in Toronto. THE CANADIAN PRESS

DARREN CALABRESE/THE CANADIAN PRESS

Jays rookie starter Brett Cecil set a new high for his young career last night, striking out nine batters over seven innings of work against the Cleveland Indians. Cleveland won the game 2-1.

Jays squander lead

Overbay throwing error leads to Cleveland comeback

MLB RESULTS

Cleveland 2 Toronto 1

AT

Brett Cecil kept getting himself into jams and kept finding a way out of them, but there was no escape from trouble for closer Scott Downs in the ninth.

Victor Martinez ripped a two-run double to cap a rally fuelled by Lyle Overbay's throwing error as the Cleveland Indians capitalized on their last of many chances for a 2-1 victory over the Toronto Blue Jays last night.

Down 1-0, pinch-hitter Ryan Garko opened the ninth against Downs with an infield single. Grady Sizemore followed with a sacrifice bunt fielded by Overbay at first base, and he tried to get the force at second, but instead threw the ball into centre to put men at second and third.

Asdrubal Cabrera was walked to load the bases and after Shin-soo Choo hit into a fielder's choice that led to an out at home, Martinez lofted a soft liner into the left-field corner to bring two runs home.

THE CANADIAN PRESS

Sports in brief

TOUR DE FRANCE Alberto Contador fought to retain the Tour de France lead and Lance Armstrong clung to second in yesterday's 16th stage, which was won by Spanish rider Mikel Astarloza.

SOCCER Prosecutors told a jury yesterday that Liverpool captain Steven Gerrard lost his cool in a nightclub and aimed a succession of punches at a man who wouldn't let him take charge of the music. Gerrard denies the charge. Five other men pleaded guilty and another admitted a lesser charge of threatening behaviour.

SHOOTING Former Memphis Grizzlies point guard Antonio Burks remains in critical condition a day after being shot during a robbery.

TRIAL A prosecutor says a minor-league pitcher wanted to hurt someone during an on-field brawl when he threw a baseball that hit a fan in the stands. An assistant prosecutor Jon Marshall said in openings statements yesterday that 22-year-old Julio Castillo committed an act of violence during the 10-minute clash last July.

VICK NFL commissioner Roger Goodell isn't revealing when he'll decide whether to reinstate Michael Vick now that the former Atlanta Falcons star quarterback has been released from federal custody.

METRO NEWS SERVICES

Halladay trade 'probably unlikely,' Ricciardi says

BASEBALL J.P. Ricciardi set a loose deadline of next Tuesday for completing a Roy Halladay trade, sending potential suitors a clear message that if they want the ace right-hander they had better ante up soon to get him.

The Toronto Blue Jays general manager also turned up the posturing by saying "at this point it's probably unlikely we'll trade Doc," after both he and Halladay recently pegged the chances for a deal at "50-50."

"If we don't have him traded by the time his last start gets here it's probably not going to get done," Ricciardi said before Tuesday's series opener with the Cleveland Indians.

"As you get closer and closer to the deadline, no-one's really stepped up yet and at that point I think time starts running out on you. And, like I've said, we've got to be highly motivated to move him. We haven't been highly motivated yet."

Ricciardi said some sort of cutoff is necessary in order to give the teams enough time to tie up all the loose ends a deal of such magnitude brings, from physicals for all the players involved to appropriate signoffs from ownership.

Halladay also has a full no-trade clause so his approval will be needed, as well. He has two starts remaining before the July 31 non-waiver trade deadline, Friday at home versus Tampa Bay and July 29 at Seattle. THE CANADIAN PRESS

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Workplace Law with Daniel Lublin
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Workology

More rail against transit age limit

University of Ottawa President Allan Rock has written to Ottawa's acting mayor asking that city council remove the new age limit on student bus passes. Rock says in his letter that the new policy, under which full-time students over the age of 27 cannot qualify for the discounted transit passes, will "have a significant impact on a large segment of our student body, in particular those students pursuing graduate studies."

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A masterful moment for Nunavut

FocusOn FirstNations

RAFAEL BRUSILOW
for Metro Canada

For 21 Inuit women in Nunavut, receiving their master's degrees in education isn't just a personal success, it's a historic event marking the beginning of a bright future for the territory.

The 21 female educators were recently awarded the first graduate degrees ever presented in the young Canadian territory, proving that determination and hard work can make possible the goal of having Nunavut's education system one day run by its own people.

The recipients all successfully completed a three-year masters of education program led by the University of Prince Edward Island and also administered by Nunavut Arctic College and St. Francis Xavier University and funded by the Nunavut government.

Dr. Fiona Walton, a professor of education at the UPEI who helped create the degree program, says the biggest challenge was to deliver an academically rigorous program with a high standard of scholarship, presented in both English and the native Inuit language of Inuktitut. She says the students not only rose to the challenge but excelled in the program.

PHOTO SUBMITTED

From left: Chancellor Bill Andrew, President and Vice-Chancellor H. Wade MacLauchlan (both from the University of Prince Edward island), Shuvinai Mike, and premier of Nunavut Eva Aariak at the grad ceremony for Nunavut's first master's in education program.

"English is a second language for every one of these graduates and they've worked very, very hard to get these degrees. The quality (of scholarship) is there," Walton said.

From the program's start in 2006, students undertook a combination of face-to-face classes and online learning over three years to make it possible for them to earn their degrees without having to travel away from Nunavut.

"One of the things we were committed to was that students wouldn't have to leave Nunavut, we would come to them. The ultimate goal is that the educational system in Nunavut will be run by Inuit," Walton said.

Walton, who lived for 15 years in Nunavut, conducted a survey of Nunavut educators in 1995 that showed educators in Nunavut were desperate to pursue advanced qualifications but simply couldn't leave their families to study in the southern parts of the country, leaving senior educational positions in the territory held by southerners. She saw a burgeoning need and decided to do everything she could to fill the educational void left in Nunavut.

"They needed to have professional learning brought to them — there's almost no expertise about Inuit education in Canadian Universities," Walton said.

Shuvinai Mike, one of the 21 graduates, believes the degrees she and her classmates have received signal a shift towards Inuit values in Nunavut's education system.

"These degrees will help our people to enter leadership roles and say that our values and ways are the best ways for our people. That cultural identity really has to be part of the school system. We can now put a voice to our ways," Mike said.

Millie Kuliktana, another graduate of the program and executive director at a school in western Nunavut, told The Globe and Mail she hopes her and other graduates' example can inspire others to pursue leadership in education.

"Education is the foundation of anything we set out to do. We have shown what can be done," Kuliktana said.

For Walton, graduates like Kuliktana signal a new way forward for Nunavut's educators.

"People are saying it was a transformational learning experience for them — they're really learning who they can become now as educational leaders.

"They've created their own vision together," Walton said.

"These degrees will help our people to enter leadership roles and say that our values and ways are the best ways for our people. That cultural identity really has to be part of the school system."
Nunavut master's degree in education graduate Shuvinai Mike

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SATURN

2009 ASTRA® 3-Door XR model shown

2009 ASTRA XE

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OFFER INCLUDES $1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY[ε]

INCLUDES A CASH CREDIT OF
$4,000*

HWY - 6.1 L/100 KM (46 MPG)° CITY - 8.5 L/100 KM (33 MPG)°

- **AIR CONDITIONING INCLUDED**
- Available in 3-door and 5-door models
- German design; built in Belgium

Standard Features[†]	2009 Saturn ASTRA XE 5-door	2009 Honda Civic DX 4-door sedan	2010 Mazda3 GX 4-door sport
AIR CONDITIONING	✓	✗	✗
OnStar®	✓	✗	✗
6-Speaker Stereo	✓	✗	✗
Cruise Control	✓	✗	✗
Power Door Locks	✓	✗	✗
Remote Keyless Entry	✓	✗	✗
Powertrain Warranty	60 months/160,000 km	60 months/100,000 km	60 months/100,000 km

[†]BASED ON AVAILABLE COMPETITIVE INFORMATION.

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2009 VUE® XR model shown

2009 VUE XE

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$5,500*

OFFER INCLUDES $1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY[ε]

HWY - 7.5 L/100 KM (38 MPG)° CITY - 10.9 L/100 KM (26 MPG)°

- 2009 TOP SAFETY PICK AWARD winner from the Insurance Institute for Highway Safety[‡]

Also available as a HYBRID

2009 AURA® XR model shown

2009 AURA XE

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$19,175*

INCLUDES A CASH CREDIT OF
$5,000*

OFFER INCLUDES $1,000 LOYALTY BONUS AVAILABLE TO CURRENT SATURN AND GM OWNERS ONLY[ε]

HWY - 5.9 L/100 KM (48 MPG)° CITY - 9.4 L/100 KM (30 MPG)°

- Better fuel efficiency than the Accord or Camry (excludes hybrids)

Also available as a HYBRID

2009 OUTLOOK® XR model shown

2009 OUTLOOK XE

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HWY - 8.4 L/100 KM (34 MPG)° CITY - 12.7 L/100 KM (22 MPG)°

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Green wheels for green summit
World political leaders at the United Nations Climate Change Conference, which will be held in Copenhagen in December 2009, will be transported using bioethanol made from straw. The cars will be supplied by Volvo. METRO NEWS SERVICES

Metro Drive

Genesis appeal

J.D. Power and Associates has chosen the Hyundai Genesis as its most appealing midsize premium car in the 2009 Automotive Performance, Execution and Layout (APEAL) Study.
METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Power up, fuel down

Camry hybrid doesn't skimp on usual comforts

Wide shoulders, clean, unadorned sheet metal and a stylish chrome grille treatment give the Camry Hybrid a sophisticated look.

NEIL MOORE
for Metro Canada

2010 Toyota Camry Hybrid

Type: Mid-size hybrid sedan
Price: from $30,900
Engine: 2.4-litre, 16-valve DOHC four cylinder gas engine with high-torque electric motor (combined 187 hp, 138 lb/ft)

Highlights

- Impressive acceleration
- Plenty of standard equipment
- Sophisticated look

Truth be told, I'm a bit of a closet greenie, which is why the Camry Hybrid suits me just fine.

I don't wear my respect for the environment like a badge — no beard, no sandals, no baggy cargo shorts with 101 pockets. And I don't feel the need to drive anything that shouts 'hybrid' to passersby.

The 2010 Camry Hybrid, save for subtle badging on the sides and trunk, is nearly identical to its gas-powered sibling. It enjoys same taut lines, wide shoulders and cladding-free sheet metal — and an even nicer front grille treatment.

The 2010 Camry Hybrid is available in one model, powered by Toyota's Hybrid Synergy Drive system, which has been installed in more than one million hybrids since 1997. In this configuration, it mates a 2.4-litre, 16-valve DOHC four cylinder gas engine with a high-torque electric motor, storage battery and energy management system.

The system can deliver a combined 187 hp across a wide band of engine speeds. This is partly due to the electric motor's ability to deliver maximum torque almost instantly, unlike gas engines which do so at higher RPMs.

The beauty of this hybrid system is that the gas engine and electric motor can work independently or together, switching seamlessly back and forth depending on demand. At startup, and if you're easy on the pedal at low speeds, the Camry will run on the electric motor only.

Push the accelerator a little harder and the gas engine joins in smoothly and quietly. Ease off again, and you're back to electric drive.

When you really have to go, such as when passing or merging on to a highway, both gas and electric work together. And coupled with the standard equipped continuously variable transmission (CVT), this powertrain delivers surprisingly brisk acceleration. The Camry Hybrid will go from zero to 60 mph (96 km/h) in about 8.4 seconds.

The Camry Hybrid is rated at 5.7 litres/100 km (50 mpg) for both city and highway driving. These ratings, of course, are difficult to match in the real world, and by the end of the week, my results were closer to 7.0, which is not bad for a sedan of this size.

Aside from all this green tech, the Camry Hybrid gives you all the comforts you'd expect in one of Canada's most popular mid-size sedans. Standard equipment includes eight-way power adjustable driver's seat, dual zone climate controls, smart key system with push button start, a JBL AM/FM/CD/MP3/WMA eight-speaker audio system with six-CD changer, steering wheel audio controls, Optitron electronic gauges with a multi-function display and more.

The optional moonroof illuminates a bright spacious interior of light and dark gray fabrics and plastics, with silver finishes.

Mazda unveils eco-friendly paint

AUTO EXTERIOR Mazda has announced the successful launch of the newly developed Aqua-tech Paint System for vehicle body painting at its Ujina Plant No.1 in Japan.

The innovative new technology achieves the world's highest standards for limiting emissions of volatile organic compounds (VOC) contained in paint as well as carbon dioxide (CO_2) gas generated from the energy consumed during the vehicle painting process.

At only 15 grams per square meter of vehicle body surface, the extremely low VOC emissions volume makes Aqua-tech the least polluting water-based paint system in the world. The new system also delivers improved paint quality.

In addition, Mazda has managed to consolidate the coating processes by developing highly functional top coat paints that exhibit additional properties usually provided by the primer paint. These include brightness, durability and resistance to chipping and light damage.

The Ujina Plant No.1, one of Mazda's main vehicle manufacturing facilities, is located near Mazda's headquarters in Hiroshima.

Models sold in Canada that are manufactured at the plant include the MX-5, RX-8 and CX-9.

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Smells like Cadillac

Cadillac is launching a new fragrance for men this fall to celebrate its 100th anniversary with General Motors. The fragrance has been created by Parisian perfumer Constance Georges-Picot. METRO NEWS SERVICES

Carrots or sticks?

"I'm all for these new regulations and/or rebates, in whatever form they take, because I'm not optimistic we will buy tickets to fuel-efficient vehicles on our volition."

GETTY IMAGES

A pre-production Chevy Volt on a test drive. Emissions regulations and rebates are crucial to get consumers driving greener cars, columnist Michael Goetz says.

A cement mixer collides with a prison van. Motorists are asked to be on the lookout for 16 hardened criminals.

That joke by Britain's Ronnie Corbett has nothing to do with the topic of this column.

But I figured a bunch of you would tune out immediately if I launched with the actual topic — the new proposed auto emissions regulations.

Forging the right regulations is obviously a worthwhile exercise, just not a particularly uplifting one, as it usually entails accusatory tones, convoluted excuses, and the spectre of reprimands — not unlike a trip to the vice-principal's office.

But this round of regulation talk at least has the Obama factor in its favour. The "cool" U.S. president started the whole thing off this May when he announced the new standard that roughly mirrors the proposed California clean air standard, and that it would be enacted by 2016, four years earlier than the original deadline of 2020.

But the most novel aspect of these tough new standards is that they would be national, replacing the patchwork of state legislation that so infuriated the automakers.

Canada will certainly adopt these standards, as it has always desired a North America-wide solution.

So we get a very clean and very universal standard in 2016 that everyone can work towards — but not everyone's happy.

Some automakers and some industry watchers contend that consumers won't buy these new super-duper fuel-efficient thingies — because the new standards will surely make them more expensive, and because many won't fit their lifestyles.

The evidence used by this camp is that many super-efficient vehicles are already on the market, and they're not exactly flying off the shelves.

That's why some say the only way to change consumer behaviour here is to raise fuel prices WAY UP. That's probably a bit too political for most politicians.

So we get this "stick" approach being applied to the automakers, and some "carrots" like Ontario's proposal to offer rebates between $4,000 and $10,000 for plug-in hybrids and electric cars purchased after July 1, 2010.

Which way is best? That's a debate not restricted to the auto industry, and one we're not going to solve today. That's an eternal debate on how to best influence behaviour in general.

In the DVD release of his film on Johnny Cash, Walk the Line, director James Mangold, said every studio in Hollywood passed on the film, one that went on to garner many awards and much box office cash.

He felt that the only way to encourage studios to make more films like his, which centre on human emotions and human experiences, is to buy tickets to these kinds of movies. If you only buy tickets to the latest comic book recreation film, he wryly noted, that will be only movies Hollywood will make.

That's why I'm all for these new regulations and/or rebates, in whatever form they take, because I'm not optimistic we will buy tickets to fuel-efficient vehicles on our volition. We're too easily beguiled by super powers battling each other in high definition.

Michael Goetz has been writing about cars and editing automotive publications for more than 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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Iconic Dodge Viper SRT10 staying alive for now

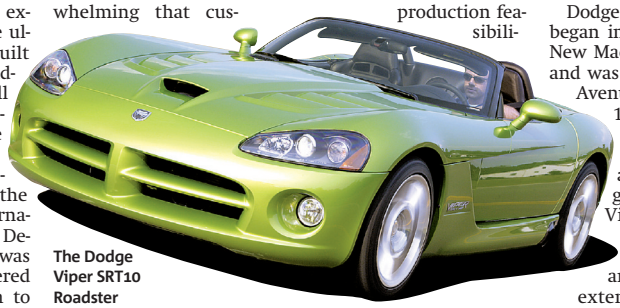
Chrysler recently announced that production will continue for the legendary Dodge Viper SRT10.

Originally slated to cease production in December 2009, the Chrysler Group Conner Avenue assembly plant in Detroit — the exclusive home of Dodge Viper production since 1995 — will continue to build the V-10 powered sports car. Chrysler Group is no longer pursuing a sale of the Viper business assets.

"The Dodge Viper has successfully captured the hearts and imagination of performance enthusiasts around the globe," said Mike Accavitti, president and chief executive officer, Dodge Brand. "We're extremely proud that the ultimate American-built sports car with its world-class performance will live on as the iconic image leader for the Dodge brand."

Introduced as a concept car in 1989 at the North American International Auto Show in Detroit, the Dodge Viper was designed and engineered to test public reaction to the concept of a back-to-basics, high-performance, limited production sports car.

The reaction was so overwhelming that customer orders began to flow in even before the auto show was over. Chrysler Corporation immediately decided to determine the production feasibility on transforming the crowd-pleasing Dodge Viper show car into a limited-production sports car in no more than three years.


The Dodge Viper SRT10 Roadster

Dodge Viper production began in May 1992 at the New Mack Assembly Plant and was moved to Conner Avenue in October 1995.

In 2008, Dodge introduced the all-new, fourth generation Dodge Viper SRT10. With more horsepower, more torque and more than 30 exterior and interior color combinations, the latest Viper gives enthusiasts the performance they expect on the track and off, with more factory customization options than before.

For 2009, the Dodge Viper SRT10 offers more power, with an 8.4-litre, 600-horsepower V-10 engine contributing to blistering acceleration (0-60 mph in less than four seconds), setting an American sports car benchmark.

To date, more than 25,000 Dodge Vipers have been built.

FROM CARGUIDE

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Total Price Adjustment	**$5,425**

Your Employee Price

$19,074*

Offer excludes freight

2009 Ford Focus S

MSRP (Dealer may sell for less)	$15,699
Employee Price Adjustment	$787
Delivery Allowance	$1,000
Total Price Adjustment	**$1,787**

Your Employee Price

$13,912*

Offer excludes freight

The New 2010 Ford Fusion SE

MSRP (Dealer may sell for less)	$22,799
Employee Price Adjustment	$1,823
Delivery Allowance	$1,500
Total Price Adjustment	**$3,323**

Your Employee Price

$19,476*

Offer excludes freight

2009 Ford Edge SE

MSRP (Dealer may sell for less)	$30,499
Employee Price Adjustment	$2,190
Delivery Allowance	$3,500
Total Price Adjustment	**$5,690**

Your Employee Price

$24,809*

Offer excludes freight

2009 Ford Flex SEL

MSRP (Dealer may sell for less)	$35,499
Employee Price Adjustment	$3,040
Delivery Allowance	$4,000
Total Price Adjustment	**$7,040**

Your Employee Price

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Ontario FDAA, P.O. Box 2000, Oakville, Ontario L6J 5E4

Mercedes eyes super car

Mercedes-AMG is developing a new super sports car with zero-emission electric drive that it said will accelerate from zero to 100 km/h in around four seconds, Canadian Driver reports. METRO NEWS SERVICES

Madden's roadrunner

MyDrive

Heather Buchan

metronews.ca/mydrive

A 1998 Acura Integra, similar to the model owned by Jeff Madden.

Six days a week, he graces the Toronto Centre for the Arts' stage, singing his heart out in the hit musical Jersey Boys. "I'm just pouring everything I've got into making this show last as long as it can, because it's a dream job," says singer and actor Jeff Madden, who plays the show's lead, Frankie Valli.

But the multi-talented performer, who's also a company member of the Shaw Festival, counts on his 11-year-old Acura Integra to get him from his Oakville home to the North York theatre on time each day.

"It's a sleek and sophisticated little car," he says of the two-door vehicle he bought in 2001 when he was a 25-year-old bachelor.

Although he's now a married father of two young girls, and knows he should trade the Acura in for a family-friendly sedan, like the Acura TL, he can't bear to part with his coupe. "It's really flexible," he says. "As an actor, you have to move around a lot. I could load it up with a ton of stuff and drive wherever I needed to go for work."

There's also the nostalgia of past road trips taken in the four-cylinder Acura. "I drove out to Kentucky a while ago to do some research on a play I was doing," he recalls. "That was pretty wild. We went down in December just before Christmas and as soon as we crossed into the Kentucky border, it started snowing. It was beautiful but crazy because it's so hilly."

Although it's not the most appropriate family car, the Acura serves Madden well on his daily commute. After leaving home each day at 5:45 p.m., he turns on his radio, warms up and sings along during his hour-long ride to the theatre. "The show is so challenging to sing," he admits. "I've got to really take care of my voice."

Heather Buchan is a Toronto-based journalist who has worked at several magazines, including Hello! Canada, where she cut her teeth in the world of celebrities.

PHOTO BY JOAN MARCUS

Dora-winning actor and Jersey Boys lead Jeff Madden can't get enough of his 1998 Acura Integra coupe.

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A little help with motor skills

JIL MCINTOSH
for Metro Canada

If you're able-bodied, you've probably never thought about how you get into a car. But should you lose your mobility, you may have to learn an entirely new method. That's the point behind the Toyota Canada Motor Skills Clinic, located in Providence Healthcare, a Toronto rehabilitation facility that helps those who have experienced strokes, amputations, surgery, or require geriatric-related assistance.

Believed to be the only one of its kind in Canada, the clinic opened in 2006 thanks to a $300,000 donation from the automaker. It's used exclusively for patients at the facility, who can learn to get in and out of the Toyota Camry parked in the centre, and deal with a variety of surfaces they'll encounter on roads and sidewalks. Patients aren't taught how to drive, but how to get around.

Prior to the clinic, they were taken outdoors in mild weather, or coached using beds and chairs to simulate a vehicle, which wasn't the best solution.

"Some patients have cognitive issues, and they need the visual to understand it," says physiotherapist Julia Filinski. "It's hard to simulate a door, a handle, the gap between the seat and the doorframe."

"With little bumps in the road, you or I take it for granted, but to a patient, that's a really scary thing."
physiotherapist Julia Filinski

Save for a patch of artificial grass, everything is real and full-size: curbs, interlocking bricks, gravel, a cobbled path, and asphalt with road markings, along with a programmable traffic signal, and lighting that can be dimmed to simulate night time.

The seemingly minor variances in the surfaces can be major obstacles for patients, who may need to learn how to manoeuvre a wheelchair or walker over them. "With little bumps in the road, you or I take it for granted, but to a patient, that's a really scary thing," Filinski says.

Before the clinic was installed, many patients were too self-conscious about learning outside on the sidewalks around the centre, or were hampered by weather. Without the training, some can run a serious risk of becoming housebound.

That wasn't an issue for Maurice Woods, but getting in and out of his vehicle was. The retired RCMP officer, who lost his left leg to complications from diabetes, will still be able to drive, but not before learning how to get into his truck when he's fitted with a prosthetic leg.

"It's just me, the dog and the truck," he says. "Going into a car, you've got to stand and turn, and you don't have a lot to hold onto. You've got to know where to grab and push. Instead of going in with my left leg and sitting down, I have to turn my butt around and then swing in."

The Toyota Canada Motor Skills Clinic helps those who have experienced strokes, amputations, surgery, or require geriatric-related assistance get in and out of cars with greater ease.

Nissan to introduce new fuel injection system
Nissan has announced the development of a dual injector system designed to improve fuel efficiency in small-displacement gasoline engines, which it will introduce in production vehicles starting early in 2010. METRO NEWS SERVICES

Winning Cayenne

SUV bringing Porsche to the masses

JIL MCINTOSH
for Metro Canada

2009 Porsche Cayenne

Type: Luxury SUV
Price: from $56,100
Engine: 3.6L V6
HP: 290 hp

Highlights

- Porsche style and power at an affordable price
- Sporty character

Back in 2002, when Porsche introduced the Cayenne, purists went crazy. One of the world's most respected sports car companies was making a truck? Just what were these Germans smoking, anyway?

Some pretty good stuff, as it turned out. The Cayenne has proved to be a smashing success, and judging by my 2009 V6 tester, has earned its keep.

At a starting price of $56,100, the V6 is the entry-level model to the V8 engines in other trim lines. Its 290-horsepower, 3.6-litre V6 may take 1.5 seconds longer to get to 100 km/h than the next-step-up V8 Cayenne S, but it'll cost you another $18,000 to go that heartbeat faster: other models range from $74,100 to $152,200. And this isn't a low-slung chicane carver, but realistically, a 2,160-kg, top-heavy hauler. This is not to say it doesn't have sporty character, which it does, but that there shouldn't be any shame in showing up at the country club minus two cylinders.

The base model comes with the expected standard features, including 12-way power seats, automatic climate control, rain-sensing wipers, and power liftgate.

Cayenne sounds great and offers plenty of power, and at 12.7 L/100 km with my heavy foot, did better than I expected. It would have probably been near the top of my "all-time favourites" list except for its six-speed manual transmission.

I love rowing gears as much as the next person, but this time around, I'd opt for the available automatic, which is a much better fit to this vehicle. The throws are too long and the clutch is too short, making it tough to get a smooth shift; I had trouble finding a comfortable seating position for the pedal, and the foot-operated parking brake is a no-no on a vehicle that already has your left shoe occupied.

This Porsche's all-wheel-drive is split 38/62 front to rear under normal driving, but can sent up to 100 percent torque either way if necessary. Its off-road cred is further enhanced with locking differentials that, if matched with good knobbly tires, could take it just about anywhere.

But I couldn't see anyone crawling into my tester's lovely beige leather interior with muddy boots. The seats are exceptionally comfortable, most of the controls are easy to figure out, and there's considerable rear-seat legroom. Complaints include a low-slung climate control readout that's impossible to see in bright sunlight, and cheap-looking plastic buttons attached to the otherwise handsome steering wheel.

The Porsche Cayenne has proved to be a big success and the 2009 model keeps up the winning ways.

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Among 35 storage options examined in a J.D. Power and Associates 2009 Vehicle Interior Needs Study, drivers said a dedicated holder for a cellphone is the most important unmet storage need.

Purse, cellphone space overlooked: Study

INTERIOR Despite a general awareness of the expectations and requirements of drivers and passengers, vehicle manufacturers and designers are overlooking their basic storage needs, particularly for small items, according to the J.D. Power and Associates 2009 Vehicle Interior Needs Study.

"Manufacturers have done a fine job of creating adaptable, open cargo space for transporting large items by implementing flexible seating arrangements," said Carolyn Etzel, director of product solutions at J.D. Power and Associates.

"However, drivers and passengers have a particular need for functional, dedicated, accessible space for storing small, everyday items such as mobile phones."

The study finds that the first-row console bin/armrest is the most in-demand storage location in the vehicle — seven of the most common items that drivers and passengers bring to vehicles are primarily stored in this area. But most consumers are dissatisfied with the design and functionality of this storage area.

"The location of the first-row console bin makes it prime real estate for accessible storage, but because consumers use this space as a catchall for a myriad of items, the design and organization of the space is of primary importance," said Etzel.

"Not only should the console provide ample storage space, but items placed within it should also remain easily accessible and not require users to fumble and dig to retrieve their belongings."

The study also finds that, among 35 storage options examined, a dedicated holder for a mobile phone — the item that drivers and passengers most often bring into vehicles — is the most important unmet storage need for consumers. Currently, most consumers stow their mobile phone in the first-row console bin/armrest or the first-row cupholder.

And, for example, nearly 94 per cent of women say they bring a purse into their vehicle either every day or a few times a week, and 61 per cent of the time the purse is stored on the first-row passenger seat, which is not necessarily the most convenient location.

"Providing dedicated storage for purses would help to alleviate inconvenience for a very sizable and important group of vehicle owners," said Etzel.

The 2009 Vehicle Interior Needs Study is based on responses from more than 6,000 consumers who purchased or leased a new vehicle between six and 24 months of ownership. The study was fielded in January and February 2009.

FROM CARGUIDE

World's Best Awards

The Auberge Saint-Antoine, a boutique hotel in Quebec City's historic Old Port, is No. 3 on the list of Top 10 Small City Hotels in North America, according to Travel + Leisure's 2009 World's Best Awards readers' survey. See travelandleisure.com/worldsbest. METRO NEWS SERVICES

Travel

A magical exhibit

You might not be able to visit Hogwarts, but you can always fly off to see Harry Potter: The Exhibition at Chicago's Museum of Science and Industry. The exhibit, which runs until Sept. 27, includes more than 200 "authentic artifacts" from the films, including Harry's original wand and eyeglasses, elaborate outfits from the Yule ball and Gryffindor school uniforms. The show requires timed-entry tickets; see msichicago.org. METRO NEWS SERVICES

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Spectacular spas on the Algarve

Facilities are chock-a-block in southern Portugal region

NIELS RIGTER
Metro World News

Left, an aerial view of Vila Vita, a five-star hotel on the Algarve. Right, a guest receives a massage outdoors at the Vila Vita.

There's an easier way to chill out on the Algarve coast than hit the beaches crowded with packs of overheated tourists.

The region in the south of Portugal has become a go-to destination for spas, where you can relax with a grape mask, a seaweed wrap or even a "Siberian-Caribbean shower experience."

Less than 200 metres from the sea near the Algarve's tourist capital, Albufeira, the five-star spa resort Grande Real Santa Eulália is tempting people with its thalassotherapy, which is based on the therapeutic benefits of sea water.

There are pools for curing everything here — in one pool, counter-currents make it difficult to swim and underwater jets are designed to massage specific muscle groups. Elsewhere, bubbling baths and waterfalls soothe the neck and shoulder muscles.

There are cocoons where in you can enjoy seaweed treatments, and seawater streams of different temperatures to stimulate and detoxify your circulatory system.

It's all very pleasant, but most of all, very good for your health, according to the spa host. The nearby sea might be warm and mineral-rich as well, but at the spa, the temperature is an optimum 35 C — and of course, you won't have to get sand between your toes.

You'll need at least six days to feel the benefits of your treatments here, but that shouldn't be such a hardship: In between spa sessions, you can enjoy watersports, golfing, long walks in the countryside, and sunbathing on some of Western Europe's most beautiful beaches. See gr anderealsantaeulaliahotel.com.

Seven Spa at Hilton, Vilamoura

This Hilton is particularly popular with golfers, so its new spa will be a hit with golf widows and widowers.

Spa facilities: Water massage, aroma bath, saunas, swimming pool, steam bath, rest area, ice fountain.

Treatments: Seven different kinds of facial treatments; six different kinds of body treatments including a mint scrub and chocolate body wraps; and seven types of massages. Check out the shower experience in which the temperature of the water changes from Caribbean rain to an ice-cold Siberian deluge.

Online: www.7-spa.com

The Lake Spa Resort

This huge, five-star hotel at the edge of the town of Vilamoura was built seven years ago.

Spa facilities: Salt bath, bubble bath, massage pool, sauna, Roman bath, steam bath.

Treatments: Massages, aromatherapy; shower massage with seaweed or thermal mud from the Pyrenees; baths with mud from the Dead Sea; chocolate masks; desert heat thermo-therapy; all kinds of water massages.

Online: thelakeresort.com

Ria Park, Almancil

A five-star hotel in Vale do Lobo, the most exclusive golf area of the Algarve.

Spa facilities: Thalasso pool, sauna, Jacuzzi, Turkish bath, fitness area.

Treatments: Fourteen kinds of dry massages (honourable mention to the peppermint foot massage); hydromassage; facial treatments. Check out the vibrating flotation bath with scented water.

Online: riaparkhotels.com

Vila Vita, Porches

A very luxurious five-star hotel with an extravagant garden, where you feel like even the birds are there to entertain guests.

Spa facilities: Steam rooms, sauna, swimming pool, Roman bath, waterfall, rest areas.

Treatments: Massages, algae bath, milk and honey bath, cosmetic treatments, physiotherapy. Be sure to try the snow room with man-made snow.

Online: vilavitahotels.com

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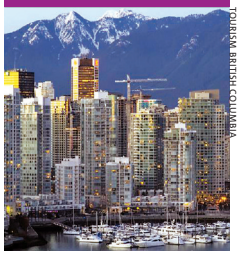
Hawk's view



TOURISM BRITISH COLUMBIA

The downtown Vancouver skyline and boats in the marina on False Creek.

New Google service features favourite celeb destinations

VIRTUAL TRAVEL Professional skateboarder Tony Hawk gives the thumbs-up to the city of Vancouver. "It's like a mini New York City," the American athlete says in a video posted on the new Google service Favorite Places.

"It's really exciting, it's all relatively new — lots of shopping, lots of restaurants, only an hour or so outside of Whistler ... And the Olympics are coming soon, so it's only gonna get better."

Hawk's love affair with Vancouver — and with such places as Tokyo, Australia's Gold Coast, Carlsbad, Calif., and Phuket, Thailand — is highlighted on the new site, google.com/favoriteplaces, where celebrities and others list their preferred destinations.

Former U.S. vice-president Al Gore cites Bishop Glacier at B.C.'s Mount Garibaldi as one of his faves. He visited with his wife, Tipper, and says that her photos of the glacier (linked at the site) are "an amazing documentation of the climate crisis."

Charles Veley of San Francisco — considered by many to be the world's most travelled person, according to the website — vacations in Tofino, B.C., each summer.

THE CANADIAN PRESS

Threatened JFK murals find new home at Miami International

Porter helped save vibrant paintings by Brazilian artist

In almost 30 years as a baggage porter at John F. Kennedy International Airport in New York, Darren Hoggard spent slow days gazing at the scenes on the walls of the American Airlines terminal.

On one wall, pioneers with sharp, angled faces and hats rode their horses into the western sunlight, covered wagons in tow, on a backdrop of brown and green plains.

On another wall, dozens of figures costumed in bright red, blue and yellow danced and played instruments in chaotic celebration.

"If you stare at that long enough, you might go home and dream about it," 49-year-old Hoggard said.

And then, it seemed, the paintings would be no more, slated for demolition in 2007 along with the rest of the terminal.

The news hit Hoggard so hard, it showed on his face, and a passerby stopped to ask what was wrong.

"Just feeling a little sad about today because next week this could all be gone," he told the woman.

Coincidentally, the passerby, Beatrice Esteve, was familiar with the murals' artist, who hailed from her native Brazil.

Carybe, as the artist was known, visited Esteve's home when she was a child and drank Scotch with her father. She vowed to do whatever she could to help Hoggard.

She did, and now, against the odds, the murals have ended up adorning the walls of the new south terminal of Miami International Airport, despite millions of dollars in moving and restoration costs.

ALAN DIAZ/THE ASSOCIATED PRESS

Above, the mural Rejoicing and Festival of the Americas, 1960, by Brazilian artist Carybe (Hector Julio Paride Bernabo) is seen at Miami International Airport. Below, Discovery and Settlement of the West, 1960, also by Carybe, hangs on the facing wall.

The paintings' thousand-mile trek unfolded like this:

After Esteve talked to Hoggard, she called her friend Gilberto Sa, who also had known Carybe and his family. Sa was on the board of directors of the Brazilian construction company Odebrecht, which was building terminals at the Miami airport.

Sa, in turn, contacted Gilberto Neves, who heads Odebrecht's U.S. operation, headquartered in Miami.

"Make sure that it's not just going to be dumped in the trash," Neves remembered Sa telling him.

American didn't want to destroy the murals, but Neves said the airline had trouble finding a buyer because of the difficulty removing the canvasses. When workers tried to peel the murals from the terminal walls, the canvas began to tear.

"We literally thought it would just be rolling it up," Neves said.

But the murals weren't worthless. Carybe won a 1950s American Airlines contest to paint them, beating several leading artists of the day. He was paid $60,000 US for Rejoicing and Festival of the Americas and The Discovery and Settlement of the West. He died in 1997.

The murals were eventually removed by cutting the wall away with them. Doors had to be removed to get the slabs — 12 panels, each about five metres by 2.5 metres — out of the terminal. Each slab weighs three tonnes after being reinforced with steel for support.

The artistic restoration process wasn't easy, either, and the entire process cost Odebrecht more than $2 million, more than 10 times what Neves had originally estimated to the board, though he doesn't like to discuss that.

"How do you put a price to art to begin with?" Neves said.

THE ASSOCIATED PRESS

> "If you stare at that long enough, you might go home and dream about it."
> Darren Hoggard

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Happy Birthday

Through August, Guinness Storehouse, Ireland's top visitor attraction, is celebrating the company's 250th anniversary with daily events including music, lectures, tours and demonstrations. A live Céili band and Irish dancers will bring the house down each Saturday. See guinness-storehouse.com. METRO NEWS SERVICES

E-safety on the road

How to keep your email and other Internet accounts safe while travelling

When Daniel Carter logged on to a shared computer at a hostel in Rome to check his email, he had no idea he was in a hacker's sights.

After his trip was over, he discovered someone had hijacked his email account and sent a message to hundreds of his contacts asking for money.

"Sorry i did not get you informed about my short trip to london ... i was attacked on my way to the hotel by some hoodlums and they took away all my belongings," the email said, ending with a plea for money "so i can sort out my hotel bills and fly back home" and a promise of repayment.

Most of Carter's contacts recognized the scam from the poor grammar and lack of upper-case letters. Unfortunately, one older friend fell for it, sending some $2,000 US to the scammers. Carter eventually regained control of his email account and cleaned up the mess. But the money his friend sent was lost.

> "This was a big wake-up call. I thought, 'Who's going to hack me, I'm not important or of large means.'" Daniel Carter

"This was a big wake-up call. I thought, 'Who's going to hack me, I'm not important or of large means,'" said Carter. But, as he found out, a hacker can make a quick profit off an ordinary traveller.

What happened to Carter is relatively rare. But travellers are especially vulnerable to hackers because they often use computers and Wi-Fi networks in hotel lobbies, cafés and airports.

"If you are using an open Wi-Fi network, you are extremely vulnerable," says computer security consultant Kevin Mitnick. He should know: Mitnick served five years in prison for computer capers that gained him notoriety and prompted an FBI manhunt.

Here are some steps you can take to protect yourself.

Create a strong password. Carter says his email was easier to hack because he had a weak password. Password advice can be found at microsoft.com/protect/yourself/password/checker.mspx.

You might also create a dedicated email account for use on the road, with a password that is different from passwords you use for bank and credit card information.

Let your contacts know you'll be using that account while on vacation. You can stay in touch, but if someone does hack into your account, they only get your vacation pictures.

If using a shared computer, try to cover your tracks. On Apple's Safari browser, under the Safari menu, toggle "Private Browsing." On Microsoft's Explorer, when you log off, go to "Tools" and "Delete Browsing History" to remove traces of your passwords and the websites you've visited.

STEPHEN MORRIS

Travellers are especially vulnerable to hackers because they often use computers and Wi-Fi networks in hotel lobbies, cafés and airports.

Mitnick says he'd only use a shared computer to check email as a last resort — and then he'd immediately change all his passwords when he gets to a secure computer. But wireless hotspots can be just as dangerous, with the hackers monitoring communication from your laptop or other electronic device.

And a wired hotel network can also be dangerous, since a hacker could be in the room next door and access your computer through the network.

"Sniffing a wireless network is really easy to do — any teen in junior high can do it," Mitnick says of a strategy that amounts to eavesdropping on computer communications in an open network in, say, a café or airport.

That's not to say every hotspot is dangerous. But when using your laptop in a public place, you obviously want up-to-date security programs, says Dave Marcus, McAfee's Director of Security Research and Communication.

You should also disable file-sharing on your laptop, Marcus says. It's also a good idea to turn off Bluetooth, printer-sharing and disable ad hoc network connections. Each Windows and Mac operating system has a slightly different procedure to do this. Information for your computer can be found at: support.microsoft.com or apple.com/support.

Many experts say you should not send any sensitive data while in a hotspot. That's because many email services and browser connections essentially broadcast in the clear, meaning someone can eavesdrop on information sent to and from your computer.

If you want to take your computer security a step up, consider a VPN, or Virtual Private Network. "The best way to protect yourself is a VPN," says Mitnick. "It's a tunnel, where all your communication is encrypted. A passive attacker can't intercept."

But Kelly Davis-Felner of the Wi-Fi Alliance, a group that promotes growth of Wi-Fi networks, says a VPN is probably overkill for travellers who are just checking the latest sports scores or emailing Mom from a café.

"It's a statistical possibility that you'll get hacked in a hotspot," she acknowledged, advising against banking, trading stocks or doing business-related work at an open network without VPN.

But she added: "You are taking a much greater risk handing your credit card to a waiter than sitting in an airport sending email."

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CANADIAN TOURISM COMMISSION

Visitors watch carvers at work at the Haida Heritage Centre at Kaay Llnagaay, B.C. The centre is among the Significant 28, a list of top aboriginal tourism sites across Canada as nominated by industry peers and tourism experts.

Top draws

Significant 28 designates best aboriginal tourism experiences

The wave of discussion about "green travel" and "responsible tourism" that's sprung up in the past few years makes reference to travel experiences that involve or benefit a destination's indigenous peoples.

Like other tenets of the green travel movement, the idea seems laudable in principle but vague enough to present problems when a traveller goes to put it into practice. More specifically, where do you start?

Fortunately, Aboriginal Tourism Canada has created a starting place by listing what it calls the Significant 28, which are the top aboriginal tourism sites and cultural products as nominated by industry peers and tourism experts across Canada.

As the organization describes it, "These experiences have a major cultural aspect and are owned and operated in part or whole by the First Nations (North American Indian), the Inuit (Eskimo) and the Métis nations who form the First Peoples of Canada."

Included on the list are such attractions as the Haida Heritage Centre at Kaay Llnagaay, B,C., a "new and stunning Heritage Centre celebrates the living Haida culture that goes back at least 12,000 years in Haida Gwaii (Islands of the People). This home of the Haida Nation is also known as the beautiful and mysterious Queen Charlotte Islands of British Columbia."

METRO NEWS SERVICES

More details

To read more about the the Significant 28, visit aboriginaltourism.ca.

FocusOn FirstNations

TANIA SPENCER/GNWT

Aurora Village, Yellowknife, NWT.

ADRIAN WYLD/THE CANADIAN PRESS

A display in the Interpretive Centre at Alberta's Head-Smashed-In Buffalo Jump.

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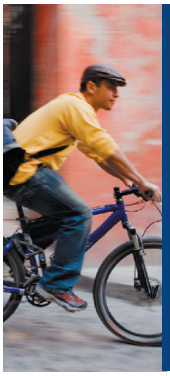

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PWA

Riders cut a ribbon at Queen's Park the start of the 2008 Friends for Life Bike Rally. This year's ride leaves Queen's Park at 9 a.m. Sunday, with ceremonies starting at 8 a.m.

Pedalling to Montreal in support of a good cause

Training for bike rally meant lots of GTA touring

CHRIS TINDAL
Metro Canada

Just a few years ago it seemed like a really big deal to travel my 10-minute commute to work through the streets of downtown Toronto on a bike.

And yet, this weekend I'll begin a cycling ride all the way from Toronto to Montreal — something that had never before crossed my mind as a possibility.

The 11th annual Friends for Life Bike Rally, a fundraiser organized by and in support of Toronto People with AIDS Foundation (PWA), includes hundreds of riders and support crew and lasts six days.

Now, I'll be the first to acknowledge that writing a travel piece before the trip is a bit unorthodox. But on this ride, the journey begins long in advance of the official departure date.

In preparation for the 600-kilometre ride to Montreal, there is a series of weekend training rides in and around Toronto. A first time rider could be forgiven for anticipating that these rides would be a necessary evil, but, for me at least, they've already become a huge highlight.

Donate online

- To sponsor Metro's Chris Tindal for this year's ride, visit bit.ly/bike09.
- To learn more about the ride, visit bikerally.org.

Read more on page 23 »

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LAURIE BELL

Chris Tindal, left, and Claire Salloum will cycle to Montreal as part of the Friends for Life bike ride.

›› Continued from page 22

In short, the training rides cause you to rethink distance. On one of the first rides in April, you learn that it only takes about two or three hours to cycle a loop from Kennedy station out to the Toronto Zoo and back.

By May, you're biking from Kennedy to Pickering, from Kipling to Oakville, and from Finch to Aurora.

In June and July, riders start to discover all sorts of hidden GTA gems. For example, most Torontonians have probably never even heard of Terra Cotta, let alone visited there.

This charming community in Caledon feels a bit like Brigadoon — a village locked in time. Nestled by a creek that winds through a ravine, Terra Cotta invites you to lie down in the grass and stay forever. (Of course, that sensation may have something to do with the huge hill you'll have to conquer in order to escape.)

The ride from Kipling to Terra Cotta and back is 102 kilometres and takes about five or six hours (less for advanced cyclists) including a lunch break.

After a few of these rides, you realize that it's possible to cycle over 100 kilometres a day quite comfortably, which is a big enough distance to get you almost anywhere in the Golden Horseshoe. By the end of a typical training ride you've cycled through urban, suburban, and rural areas, many of which you'd previously considered to be only accessible by car.

With the training behind us, we leave from Queen's Park at 9 a.m. sharp this Sunday morning. It's still hard to believe that by that night we'll be in Port Hope, and by day two we'll be in Napanee.

So what motivates people to do this? There are many different reasons to ride, explains co-chair Michael Cress, all of them legitimate. Some thrive on the physical challenge, others on the sheer fun of it.

When Cress started doing the ride eight years ago, it was "a great way to give back to PWA" for the support they'd given him when he became HIV positive.

"It had never crossed my mind that I'd be able to do that, to take back my life. Now I ride for the people that can't, for the friends I've lost to AIDS," says Cress.

Even while Cress carries that weight with him as he rides, he also emphasizes that "this is a great way to see Ontario. People in the small towns we pass through have come to expect us; they come out to cheer us on."

And, as he puts it, the ride "makes it possible to expose people to the impossible," whether that's the prospect of living with a frightening disease or of biking further than you've ever biked before.

More details

- The ages of riders last year's Friends for Life Bike Rally ranged from 17 to 65.
- The 2008 ride raised over $1 million for Toronto People with AIDS Foundation (PWA).
- PWA is the largest direct support service for people with HIV/AIDS in Canada.

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Birth of the Pacific Northwest Trail

Route is among first new U.S. scenic trails in 26 years

When the U.S. national scenic trails system was created four decades ago, the goal was to build a walking path across the United States.

That goal has come closer to reality with President Obama's signing of a bill creating the Pacific Northwest National Scenic Trail and two others. They are the first such trails designated in 26 years.

"The dream of a transcontinental pathway across America is 1,900 kilometres closer to reaching fruition," said Ron Strickland, a former Washington resident who first proposed the Pacific Northwest trial in 1970.

The trail will eventually run from Glacier National Park in Montana to the Pacific Ocean at Cape Alava in Washington. Portions of the trail have existed for centuries, and for the past three decades the nonprofit Pacific Northwest Trail Association has been gradually improving the route and erecting a few signs.

The federal designation means money will be provided to connect all portions of the trail, build bridges and other improvements, and to erect signs and access points along its length, said Jon Knechtel of the association.

"I anticipate that within 10 years, this will gain the same popularity as the Pacific Crest Trail," Knechtel said.

The Forest Service will manage the trail, but "there is no structure or organization as yet," said Tom Knappenberger, a spokesman for the agency in Portland, Ore.

The trail is located in some of the roughest, most mountainous and emptiest country in the nation, along the Canadian border. It passes through three national parks — Glacier, North Cascades and Olympic — and seven national forests.

It is the only national scenic trail that connects two others — the Pacific Crest Trail and the Continental Divide Trail — meaning a person could hike from near the Mexican border, up to North Cascades National Park, east to Glacier National Park, and then down to the Mexican border again.

A contiguous cross-country trail from the Atlantic to the Pacific oceans was the dream of President Johnson and Interior Secretary Mo Udall when they created the national trail system in 1968. But the eight existing trails developed independently.

Now that dream is only 1,450 kilometres short of reality, said Strickland, who lives in Bedford, Mass.

He would like to see the remaining miles designated in time for the 50th anniversary of the National Trails System in 2018.

After conceiving the idea for the PNW trail, Strickland worked tirelessly to raise funds, recruit volunteers, cut brush and lobby politicians. He also wrote the first guide for hiking the trail, after making his first thru-hike in 1983.

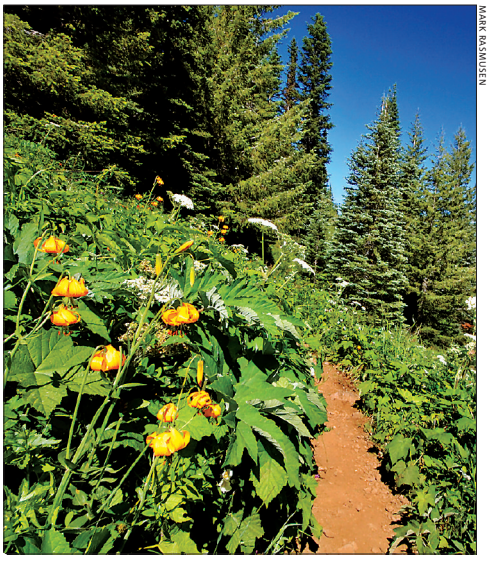
The PNW trail was created March 30 as part of a public lands bill that also created the New England National Scenic Trail and the Arizona National Scenic Trail.

They were the first additions to the national scenic trails system in more than two decades, and bring the total number of such trails to 11. The Appalachian Trail is the best known.

THE ASSOCIATED PRESS

ARLO SMITH

Volunteers haul a "stringer" to be used on a trail structure in the North Cascades in Washington state. The North Cascades are among the mountain ranges to be connected by the Pacific Northwest Trail.



MARK RASMUSEN

Tiger Lilies, Lilium columbianum and parsnip grow in Olympic National Park in Washington state.

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Below, the Ruth Creek Valley is seen from the Pacific Northwest Trail near Bellingham, Wash. Efforts to create a Pacific Northwest National Scenic Trail began in 1970 and finally achieved success when President Obama in March signed a bill creating the first new national scenic trails in 26 years.

JON KNECHTEL

More details

- The newly designated Pacific Northwest National Scenic Trail runs 1,900 kilometres from the Continental Divide to the Pacific Ocean. It includes three national parks, seven national forests, and several mountain ranges, including the Rocky Mountains, North Cascades and Olympic Mountains.
- For more details, see pnt.org.

THE ASSOCIATED PRESS

Competition will turn Bruce Lee's home into museum

Hong Kong residence of kung fu icon is currently a love motel

The former home of Bruce Lee is now a love motel, renting rooms by the hour. But officials on Monday launched a design competition to turn it into a Hong Kong museum for the late kung fu icon.

"I hope I can personally witness and oversee the completion of the Bruce Lee museum in my lifetime," owner Yu Pang-lin, who is in his 80s, said at a press conference marking the 36th anniversary of Lee's death.

Lee's fans have been calling for an official monument for their hero in his hometown for years.

Lee became a chest-thumping source of Chinese pride by portraying characters that defended the Chinese and the working class from oppressors in films like Return of the Dragon. He died in Hong Kong in 1973 at age 32 from swelling of the brain.

Yu said he wants the museum to include a memorial hall, a library, a kung fu studio and a film archive.

Lee's daughter, Shannon Lee, and a panel of architects and town planners will judge the design competition, and the winners will be announced in November or December, the Hong Kong government said in a statement.

> **"I hope I can personally witness and oversee the completion of the Bruce Lee museum in my lifetime."**
> Yu Pang-lin

Yu has offered to donate Lee's home and put up the $13,000 US in prize money, but it is unclear how the museum itself will be funded.

Meanwhile, the Hong Kong government has started collecting Lee's personal items and commissioned a documentary about the late actor and one about the construction of the museum, Secretary for Commerce and Economic Development Rita Lau said at Monday's press conference.

Officials showed an eight-minute trailer of the biography produced by veteran Hong Kong director Ng See-yuen. It included interviews with Mission: Impossible II director John Woo; Lee's frequent collaborator producer, Raymond Chow; Ip Chun, the eldest son of his kung fu teacher, Ip Man; and actress Betty Ting Pei — in whose home Lee died — as well as footage of Lee's body in an open casket at his funeral.

THE ASSOCIATED PRESS

Lonely Planet's advice for travel with children

FAMILY TRAVEL Lonely Planet founders Tony and Maureen Wheeler travelled widely with their children from the time they were babies.

They'd been to so many countries in the developing world that when they first took the children to Europe, their daughter "found it hard to believe that she could drink water from the tap in every country we visited."

That's one of the anecdotes offered by Maureen Wheeler in the foreword to Lonely Planet's Travel with Children: Your Complete Resource out this summer in a newly revised edition, the fifth since the book was first published in 1985.

Travel with Children acknowledges that "family travel" may conjure up images of "sulking teens glued to their phones" or "your baby keeping all the other plane passengers awake." The book offers advice on how to minimize problems by picking the right destinations, remaining flexible and involving kids in planning and problem-solving.

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Potter star sentenced

Harry Potter actor Jamie Waylett has been hit with 120 hours of community service after pleading guilty to drug charges. Waylett, who plays bully Vincent Crabbe in the Potter films, plead guilty to growing 10 marijuana plants in his mother's England home. POPEATER.COM

Entertainment

Fan of Paula

American Idol judge Simon Cowell isn't worried about Paula Abdul not returning to the show. "She'll be fine," he tells Extra. "I don't get a lot of say. I've just made it clear that I want Paula on the show." USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Native rock Swagger

Nunavut singer Lucie Idlout a 'fierce, alternative rocker'

IAN NATHANSON
for Metro Canada

Long before becoming a rock songstress, Lucie Idlout considered a career in politics.

"My area of interest was self-government and international human rights for indigenous peoples," says Idlout, who divides her time between Toronto and her hometown Iqaluit. "The problem was that every time a new government came in, we were forced to re-educate new ministers instead of moving forward in the rights of our peoples.

"Because I took that to heart, it really got me down. I didn't have the spirit for politics anymore."

Instead, she developed into what New Yorker magazine describes as a "fierce, alternative rocker" — possessing an edgy grit that could only come from someone used to bouncing between homes. Early in her life, Idlout's father bolted from the family and her formative years were spent both in the Nunavut capital and Ottawa.

Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. The title cut of her first solo effort, 2004's E5-770, My Mother's Name, stems from a 1940s-era Canadian federal government method of identifying Inuit people.

"It seemed to me that this acted as the first census for Inuit," Idlout explains. "But more importantly, it was a system that they used to fail our children. The way the system worked back then was 'get 'em while they're young' in terms of colonization."

FocusOn FirstNations

With punk-fuelled defiance, Idlout also addresses issues of suicide and domestic violence — the latter leading to an unexpected campaign. The track Lovely Irene, from Idlout's 2009 sophomore effort Swagger, was converted into an acoustic number, Angel Street, and grabbed the attention of Iqaluit mayor Elisapee Sheutiapik, who rechristened the street on which the city's women's shelter is housed. She later called upon other Canadian cities to name a street Angel in honour of women nationwide who have been victims of domestic violence.

Nunavut rocker Lucie Idlout turned to music as a creative outlet for expressing not only her own dealings, but also those of her home community. Her latest album is called Swagger.

Small wonder that Idlout was the ideal choice to open for The White Stripes during their visit to Iqaluit in 2007. The media attention surrounding that visit also highlighted Iqaluit as quite the centre of arts activity — carvers, folk singers, metalheads — beyond traditional throat singers and other Inuktitut-singing performers. Much of that attention can be credited to the likes of Tanya Tagaq Gillis, a throat singer renowned for collaborating with Björk, and folk-pop sensation Susan Aglukark.

"Nowadays there are people who are coming up with even newer, contemporary forms of music that's married to Inuktitut."

Creepy children find a home in Hollywood

STEVE GOW
for Metro Canada

There's really nothing quite as sweet and innocent as a cute, precocious little eight year old. That is unless you're in Hollywood, where filmmakers continue to turn toddlers into terrorizing tyrants.

When Orphan hits theatres this Friday, it will mark the latest chiller that uncovers a youngster much more sinister than she first appears. Producers are hoping to cash in on the little devil following the long tradition of creating creepy cinematic children. Here's a brief record of Tinseltown's most terrifying tots:

The Bad Seed In this 1956 classic, a cute eight year old with good grades and pigtails is also a blood-curdling psycho who'll kill classmates for their penmanship medal. Little Rhoda Penmark would've reduced "Beaver" Cleaver to nothing but a blubbering puddle.

Memorable quote: "Children can be nasty, don't you think?"

Village of the Damned This 1960 adaptation of John Wyndham's The Midwich Cuckoos features a whole hamlet of women who gave birth to unearthly offspring with glowing eyes. If you think it's hard to convince your kid to eat broccoli, try when they have malicious telepathic powers.

Memorable quote: "What's important about (children) is whether they're good or bad and these children are bad."

The Omen In 1976, little Damien redefined the term "problem child" when it was revealed he was actually the son of Satan. Of course, you don't get that information from a hospital chart — it took a few dead nannies for his father (Gregory Peck) to realize, "Hey, I think this kid might just be the Antichrist!" The film was later remade in 2006.

Memorable quote: "Wrong? What could be wrong with our child, Robert?"

The Good Son After charming audiences Home Alone, little Macaulay Culkin got spooky in this 1993 thriller dumping dummies off busy highway overpasses and shooting defenceless dogs.

Memorable quote: "I think he's going to be fine."

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Dumper beauty queen gets book deal
Ex-Miss California Carrie Prejean has a book deal. In Still Standing, she'll explain why she really lost her crown and take a swipe at liberals and their "bias against conservative women." POPEATER.COM

Republicans settle suit with Jackson Browne

Jackson Browne has settled a lawsuit and received an apology from Sen. John McCain and the Republican party over use of his song Running on Empty during last year's presidential campaign.

The settlement announced yesterday includes a pledge by the party not to use any musicians' work without proper permission in future campaigns, which Browne hoped would benefit other artists.

Browne sued McCain and the Republican national committee and the Ohio Republican party last year over use of Running on Empty in a web ad mocking Democrat Barack Obama's proposed energy policies.

McCain's loss in November didn't end the lawsuit, which had been slated for trial next year. Formal settlement papers have yet to be filed with the court.

"This settlement is really a great affirmation of what I believed my rights to be, and all writers' rights to be," Browne said. "One would hope that a presidential candidate would not only know the law but respect it. It was a matter of bringing that issue to bear."

McCain didn't know about the ad, which was created by the Ohio Republican party and removed after Browne complained, said the statement, attributed to McCain and the state and national parties.

Browne said he hoped the lawsuit and its resolution would have an impact on future political campaigns by putting an end to cavalier attitudes about copyrights. THE ASSOCIATED PRESS

Barenaked Ladies leaving Nettwerk

MUSIC The Barenaked Ladies have switched up their management, bolting Vancouver-based Nettwerk in favour of new L.A.-based firm, CAM 8 Management. The band was the inaugural signing for the firm — a merger between Career Artist Management and Hard 8 Management. THE CANADIAN PRESS

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Boyle's demolition ball
A newly glammed up Susan Boyle visited the Today show yesterday saying that reaching fame was "a lot like a giant demolition ball." POPEATER.COM

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Ugly Truth's dirty talk

NED EHRBAR
Metro World News

Movie **feature**

The battle of the sexes gears up for one more round in the new film The Ugly Truth. In it, Katherine Heigl and Gerard Butler square off as a pent-up TV producer and the loudmouth lout hired to boost her morning news show's rating.

Naturally, they hate each other right off the bat.

The film pokes fun at many of the anxieties men and women face in the dating world, and even though production wrapped months ago, the two stars are still debating.

"Would you want a woman to call you not once but twice if you haven't returned her phone call?" Heigl asks. Butler's response? A simple, "Yeah," to which Heigl raises a dubious eyebrow: "Really?"

One thing the stars can agree on is how physically demanding shooting one of the film's more infamous scenes was. Let's just say it involves a business dinner and vibrating panties. And to get the scene shot correctly, the actors had to perform it more than 35 times.

Butler has high praise for his leading lady after enduring so many takes. "It was one of the most brilliant performances I've ever seen," he says. "She was, dare I say, bang on. It was incredible."

"It was physically exhausting," Heigl admits. "By the end of the day, I felt like I'd run a marathon. No one wants to orgasm 35 times."

The Ugly Truth hits theatres on Friday

For Heigl, a comedy rated R in the United States isn't new territory, considering her star turn in 2007's Knocked Up. And she sees a distinct difference in that kind of raunchier comedy — which has been winning big at the box office lately with films like The Hangover — versus safer fare, like her PG-13 hit 27 Dresses, which Heigl admits has an air of fantasy about it.

"As much as I love that younger audience, I still feel like I want to tell a real story to people my age. And we throw (the F-word) around a lot," she admits. "When you have to censor so much for that PG-13 rating, it starts to get a little cute."

Heigl admits she's a fan of foul language on screen as well as off. "I talk like that all the time anyway," she says. "I love raunchy humour. I don't know why. I should probably get a little more sophisticated.

"It's not that I always want to do R-rated movies," she insists. "There's just something about the ability to be crass and drop the F-bomb on occasion."

As for Butler, it's usually more than occasional when it comes to cursing. So how did the foul-mouthed Scotsman enjoy being in a comedy with R-rated dialogue?

"I was in heaven," he says, though he admits learning his lines was a bit trickier for this than for his more action-fuelled work. "In my defence, I never f—ing shut up in this movie."

Katherine Heigl and Gerard Butler aren't afraid to drop the F-bomb in the raunchy rom-com The Ugly Truth.

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/22/09 primetime	265	353	2 TVO	Life in Cold Blood		The Best of The Agenda		The Human Camera		Secret Life of the Brain		Best-Agenda
	211	331	3 GTV	ET Canada	Entertainment	Wipeout (HDTV) (N)		(9:02) In Plain Sight		The Philanthropist (N)		News
	215	343	4 OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6 CBC	Coronation St.	Jeopardy! (N)	Dragon's Den (HDTV)		The Tudors (DVS)		CBC News: The National		The Hour
	214	344	7 CITY	Law & Order: SVU		Goode Family	Surviving Sub.	Japanese Game Show		Krod Mandoon	Krod Mandoon	CityNews
	212	313	8 CTV	etalk	Hollywood	So You Think You Can Dance (N)				CSI: NY (HDTV)		CTV News
	218	345	11 E!	The Insider (N)	E! News	Psych (N)		D. Richards	Kendra	Forbes Celebrity 100-Bank		News/Eleven
	137	763	13 TFO	Panorama été	Esprit	Sur la Piste de	Villages	*Les Moutons de Jacob* (2002, Drame)			Folie-aventure	Esprit
	-	-	14 -	Raymond	According-Jim	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	213	326	15 SUN	Stargate SG-1		*Crazy Moon* ★★ (1986, Comedy-Drama), Peter Spence				To Serve and Protect		Becker
	-	387	16 CBS	Inside Edition	Hollywood	Old Christine	Gary Unmarr	Criminal Minds (HDTV)		CSI: NY (HDTV)		News 4 at 11
	-	385	17 NBC	The Insider (N)	Entertainment	America's Got Talent		America's Got Talent (N)		The Philanthropist (N)		News
	-	386	18 ABC	Wheel-Fortune	Jeopardy! (N)	Wipeout (HDTV) (N)		Japanese Game Show		Over a Barrel: About Oil		News
	219	346	20 ACH-B	The Road to Avonlea		Old Christine	Gary Unmarr	America's Got Talent (N)		Monk		News (N)
	-	-	28 FOX	Judge Judy	Two/Half Men	So You Think You Can Dance (N)				Seinfeld	Two/Half Men	The Simpsons
	-	388	61 PBS	News-Lehrer	Wait for God	Time Team America (N)		Ascent of Money (DVS)		Wide Angle (N)		Business Rpt.
	297	652	330 WPX	Two/Half Men	Family Guy	America's Next Top Model		America's Next Top Model		PIX News at Ten Tong.		Two/Half Men
	296	654	331 SBK	Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	What's-Store	Frasier	Frasier	Punk'd
	298	653	332 TLA	Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	Next Model
news	502	390	26 NW	CBC News	Fortune	The Hour		CBC News: The National		Geologic Journey		National
	500	500	33 CNN	Lou Dobbs Tonight		Black in America "Today's Pioneers" (HDTV) (N)				Anderson Cooper 360		Black-America
	509	504	79 CNB	Kudlow Report		CNBC Reports		American Greed		eBay Effect: Obsession		Mad Money
sports	405	417	22 net	UFC: Access	MMA Conn	Soccer Canada vs. United States. (Live)				Sportsnet Con.	Sportsnet Con.	Sportsnet Con.
	400	400	30 TSN	MLB Baseball Cleveland Indians at Toronto Blue Jays. From Rogers Centre in Toronto.						SportsCentre (HDTV) (Live)		
	411	457	58 OLN	Dog the Bounty Hunter		Cycling Tour de France -- Stage 17. From Bourg-Saint-Maurice to Le Grand-Bornand.						Cycling
	417	406	81 SC	Pimp My Ride	Pass Time	Amer. Thunder	Pinks Outtakes	Pass Time (N)	Pass Time (N)	Wrecked	Wrecked	Pimp My Ride
family	551	542	25 YTV	In Real Life "E.R."		Malcolm-Mid.	Futurama	Survive This	Adrenaline Proj	Falcon Beach		Mystery Hnt.
	554	544	45 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
	556	540	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27 W	Style by Jury	Friends	Grocery Bag	Grocery Bag	Love It or List It		*Trophy Wife* (2006, Suspense) Brooke Burns.		
	570	580	29 MM	One Tree Hill		Degrassi: TNG	Instant Star	Video on Trial	Video on Trial	Video on Trial	Technical Diff.	One Tree Hill
	615	520	31 A&E	CSI: Miami "Legal"		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Bounty Hunter	Bounty Hunter	Tattoo High.
	700	800	35 TLN	Centrovetrine	Sky TG 24	Elisa di Rivombosa		Elisa di Rivombosa		Raymond	Raymond	George Lopez
	571	581	36 MMM	The Daily Fix		Ranked!		I'm a Celebrity, Get Me Out.		Entourage	Gene Simmons	The Daily Fix
	575	583	38 CMT	Project Dad	Project Dad	Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Karaoke Star
	616	521	39 SHO	The Outer Limits		The Guard "The Hold"		*Secret Lives* (2005, Suspense) Daphne Zuniga.				House
	620	523	40 BVO	The Achievers	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Wingfield	Beyond-Screen	Manitowapow	Law & Order
	601	562	41 SLC	Skin Deep	Til Debt-Part	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43 HIS	NCIS "Twisted Sister"		Cities of the Underworld		Ice Road Truckers		NCIS "Twisted Sister"		Marine Mach.
	625	548	44 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Jon Dore Show	Tosh.0	Daily Show
	600	564	46 H&G	House Hunters	Property Virgin	Big City Broker	The Stagers	Property Virgin	Hid Potential	House Hunters	House Hunters	Holmes-Homes
	294	529	47 TBS	MLB Baseball San Francisco Giants at Atlanta Braves. From Turner Field in Atlanta.						Seinfeld	Family Guy	Family Guy
	576	582	49 BET	106 & Park: BET's Top 10 Live		*Linewatch* (2008, Drama) Cuba Gooding Jr., Sharon Leal.				The Game	The Game	W. Williams
	627	528	50 SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval (N)		Torchwood: Children of Earth		Stargate SG-1
	581	566	52 MTV	MTV Cribs	After	MTV News	Cribs	The Real World		The Real World (N)		MTV Live
	618	524	54 TROP	The Crow: Stairway to Heaven		What Happen?	What Happen?	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	56 FOOD	Chef at Home	Fresh-Anna	Restaurant Makeover		Iron Chef America		The Next Food Network Star		Opening Soon
	261	394	60 V	Murder, She Wrote		Keeping Up	Foot in Grave	Doc Martin		Recreat. Eden	Supernatural	Poltergeist
	621	527	63 STR	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model		Tonight Show-Conan O'Brien		TMZ
	553	546	65 TRE	Backyardigans	Nght Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos	Big Comfy	Big & Small	Max & Ruby
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	126	730	102 RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249 VIVA	Judging Amy		Medium		The Closer		Mediums	Psychic Detect	Mediums
	300	601	301 M1	*Revolver*	(7:25) *The Boy Next Door* (2008)			*Harold & Kumar Escape Guantanamo*			(10:45) *Filth and Wisdom*	
	305	612	306 PIX	*Adventure-Bro.*	(7:20) *Danger Zone* (1996, Suspense)			*Queen of the Damned* ★ (2002, Horror)			(10:45) *Formula 51*	

critics' corner

Queen of the Damned
Although reading Anne Rice's books is preferable to watching them adapted to film, "Interview With the Vampire" — with Tom Cruise as jaded bloodsucker Lestat — wasn't half bad. The same can't be said of this 2002 effort, in which Les, now played by Stuart Townsend, wakes up in the 21st century and decides to become a rock star. Singer Aaliyah plays the queen of the vampires, who likes Lestat and his music but takes issue with his disdain for his own kind. Morbid curiosity probably sold its share of tickets, as Aaliyah died in a plane crash before the movie came out. 9 PM on PIX

Over a Barrel: The Truth About Oil
ABC News' Charles Gibson travels America to uncover little-known secrets about the oil business, including how it works, who makes money, and how its fluctuating prices affect average Americans. Along the way, Gibson interviews Energy Secretary Steven Chu, who admits, "We're heading for a train wreck," and Gen. Wesley Clark, a proponent of ethanol. 10 PM on ABC

TIFF debuts Cody, White Stripes

FILM FEST Diablo Cody's high school horror film Jennifer's Body and a documentary about the White Stripes' cross-Canada tour are among the films that will make their world premiere at this year's Toronto International Film Festival. Festival organizers say the Midnight Madness program — dedicated to offbeat and horror fare — will be kicked off by Cody's film.

THE CANADIAN PRESS

In brief

PILOT Newfoundland comic Mary Walsh is taking on the persona of an uncouth punk rocker for a half-hour comedy pilot she's created for Showcase. The proposed series is called Rise Up and features writers from Corner Gas and Degrassi. THE CANADIAN PRESS

Kenya's Style

Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Britney to regain control?
Britney Spears' father might be letting go of the reins soon. Sources told TMZ that Jamie Spears will ask the court to review the terms of the conservatorship after her concert tour ends in November and let the judge decide if she should regain control of her life. **POPEATER.COM**

Celebrity Buzz

Michael's resting place in limbo

REST IN PEACE With Michael Jackson temporarily interred at Forest Lawn Memorial in Los Angeles, his family is wrestling with a painful decision: Where will the King of Pop finally be laid to rest?

A source close to the Jackson family told people.com, "They (still) haven't decided," but added that the singer's parents and siblings might be one step closer to an agreement.

Michael's mother Katherine Jackson, 79, had previously objected to making the Neverland ranch his final resting place because, says the source, "She thinks it's a place of horrible memories. She says Michael wouldn't want to be there." (Authorities once alleged Jackson molested children at the ranch; he was acquitted of all charges 2005.) However, she has since softened her stance, according to the source.

"Katherine is still opposed to Michael being buried at Neverland, but would relent if it could be arranged for Michael's children to gain ownership of the property," the source explained. "If they could have complete ownership, Katherine would approve."

How that arrangement might work, however, is up in the air; currently a majority stake in the property is held by private investors. "That's one of the things they're trying to figure out," the source said, noting that there is money to be made if Neverland becomes a tourist attraction like Graceland, the Memphis home of Elvis Presley.

The other location in play is Forest Lawn, where a private memorial for Jackson was held the morning of his July 7 public tribute in Los Angeles.

METRO NEWS SERVICES

No career for MJ's kids: Joe

DENIAL Despite earlier comments to ABC News that Michael Jackson's kids could be stars, Joe Jackson now says has no plans to turn them into entertainers, usmagazine.com reports.

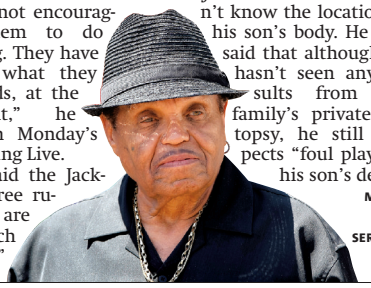
"I'm not encouraging them to do nothing. They have to be what they are, kids, at the moment," he said on Monday's Larry King Live.

He said the Jackson Three rumours are "a bunch of jive." He also denied ever abusing his late son, despite previous accusations from the King of Pop himself.

"I never abused my son," Joe insisted. "Michael was never beaten."

Joe revealed that he didn't know the location of his son's body. He also said that although he hasn't seen any results from the family's private autopsy, he still suspects "foul play" in his son's death.

METRO NEWS SERVICES



Jess bounces back

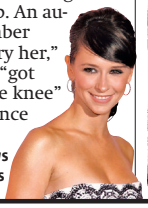
MOVING ON A newly single Jessica Simpson has been getting by with a little help from her friends. The singer hit the town with three friends, posting photos on Twitter. "Love my ladies," Simpson wrote. "Wish I could be with them every day of my life. Laughter is wonderful."

METRO WORLD NEWS

Love finds love

ENGAGEMENT Jamie Kennedy and Jennifer Love Hewitt are reportedly set to marry. A Page Six source says the actor pulled Hewitt onstage at a comedy club. An audience member yelled "marry her," so Kennedy "got down on one knee" as the audience applauded

METRO NEWS SERVICES



Farrah's final moments

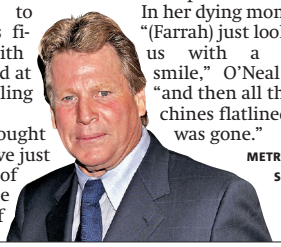
MOURNING Ryan O'Neal is speaking out for the first time since Farrah Fawcett's June 25 death in a new interview with NBC Today's Meredith Vieira, usmagazine.com reports.

In the interview which aired yesterday, O'Neal, 68, opens up to Vieira about his final moments with Fawcett, who died at age 62 after battling anal cancer.

"(Doctors) thought that she would live just another couple of hours, and she lived a couple of days," O'Neal said of his longtime love, who spent her last days at St. John's Hospital in Santa Monica, Calif. "So I had a bed put in the room for me. And I just lay by her side. She wouldn't — move on. She wouldn't pass."

In her dying moments, "(Farrah) just looked at us with a slight smile," O'Neal said, "and then all the machines flatlined. She was gone."

METRO NEWS SERVICES



Chris says he's sorry

MAKING AMENDS In a new video posted on TMZ.com Monday, Chris Brown apologizes for allegedly beating Rihanna earlier this year, usmagazine.com reports.

"Hi, I'm Chris Brown," he began. "Since February my attorney has advised me not to speak out, even though since the incident I wanted to publicly express my deepest regret and accept full responsibility.

"I felt it was time you heard directly from me that I am sorry. I have tried to live my life in a way that would make those around me proud of me, and until recently, I think I was doing a pretty good job. I wish I had the chance to live those few moments again, but unfortunately I can't."

Last month, he was sentenced to five years probation and 180 days of community labour after pleading guilty to felony assault.

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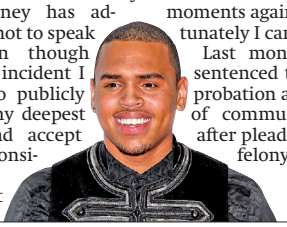


Victoria's fake tan impresario

POSH'S TEAM Spray-tan impresario Jimmy Coco is a regular visitor to Victoria Beckham's house, he's boasts. "When we met, she had the worst fake tan ever," Coco told the Daily Mail. He says he stops by her home twice a month to spray on a nice, even bronze tone — while Beckham wears nothing but a white paper thong.

METRO WORLD NEWS

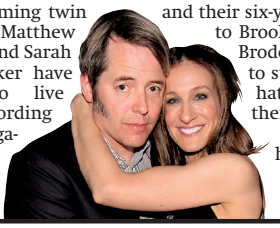
SixChix — For more cartoons, visit metronews.ca

Sarah and Matthew separate?

ON THE ROCKS? Mere weeks after welcoming twin daughters, Matthew Broderick and Sarah Jessica Parker have decided to live apart, according to Look magazine.

Parker reportedly wants to move the girls and their six-year-old son to Brooklyn, while Broderick wants to stay in Manhattan in their West Village townhouse.

METRO WORLD NEWS



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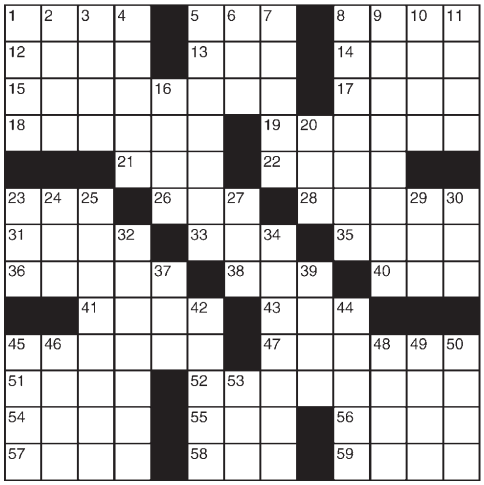

Crossword across

1 "Twilight of the —"
5 Vanna's companion
8 Highlander
12 Cruising
13 Ipanema is there
14 Plankton component
15 It'll get you nowhere
17 Bailout acronym
18 Page numbers
19 Cheers up
21 Type squares
22 "I advise against it"
23 Work unit
26 Go up and down
28 Relinquish
31 Body powder
33 Zero
35 Algonquian language
36 Texas cook-off dish
38 Calendar abbr.
40 Evergreen type
41 Lean (toward)
43 Wrigley product
45 Gas rating number
47 Didn't sit on the bench
51 Declaration of Independence starter
52 Nervously excited
54 Dumbo's "wings"
55 The Da Vinci coat?
56 Otherwise
57 Eyelid woe
58 Conger, for one
59 Coaster

Crossword down

1 Big fishing hook
2 Norway's capital
3 Transaction
4 Composer Erik
5 Apply fake fingernails
6 Melody
7 Tinkered (with)
8 Evil
9 Making a commotion
10 Shrek is one
11 Eaves-droppers' equipment
16 "Who's buried in Grant's —?"
20 Myrna of Hollywood
23 List-ending abbr.
24 "Go, team!"
25 Tinsel-like
27 Auction action
29 Shelter
30 Morning moisture
32 Wash
34 Humorous hoax
37 Hostel
39 Zealous group
42 Crusoe's creator
44 Partners
45 Has bills
46 Converse
48 Holler
49 Gaelic
50 Turned blue?
53 Whopper

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			1				8	
						6	2	
1			5	6		4		7
2				4			9	
3	5						1	6
	6			7				5
8		6		1	9			4
	3	1						
	2				3			

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	6	7	5	2	8	9	1	3
3	2	8	9	6	1	4	7	5
1	5	9	3	4	7	6	2	8
8	4	6	1	5	2	3	9	7
2	9	3	8	7	6	1	5	4
5	7	1	4	9	3	2	8	6
6	3	5	2	8	9	7	4	1
9	1	4	7	3	5	8	6	2
7	8	2	6	1	4	5	3	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Succulent Grilled Steak with Crispy Potatoes

INGREDIENTS:

1 round steak, 3/4 in. (2 cm) thick
1/2 tsp (2 ml) pepper
4 medium baking potatoes, washed and sliced lengthwise into 1/2-in. (1-cm) slices

CHIMICHURRI SAUCE:

1/3 cup (75 ml) reduced-salt chicken stock
1 tbsp (15 ml) extra virgin olive oil
2 tbsp (10 ml) freshly squeezed lemon juice
2 large garlic cloves, finely chopped
1 tbsp (15 ml) chopped fresh oregano or 1 tsp (5 ml) dried oregano
1/2 tsp (2 ml) crushed dried chilies, or to taste
1 small onion, finely chopped
1/2 cup (125 ml) finely chopped Italian parsley

METHOD:

1. Put all sauce ingredients in sealable plastic bag and shake to mix. Rub steak on both sides with half the pepper, then put steak in bag and close. Refrigerate 30 minutes, or up to 2 hours, turning once.
2. Meanwhile, place wire cooling rack over paper towel. Bring potatoes, remaining pepper and enough water to cover to boil in pot over high heat. Reduce heat to medium and simmer until potatoes are almost tender, 10 minutes. Transfer potatoes to rack. Lightly coat potatoes on both sides with nonstick cooking spray (preferably olive oil).
3. Remove steak from sauce. Boil sauce vigorously in small pot 3 minutes, stirring constantly. Remove from heat and cover to keep warm. Meanwhile, coat grill pan with nonstick cooking spray and set over medium-high heat. Cook steak and potatoes until steak is done to taste (3 to 4 minutes on each side for medium-rare, 4 to 5 minutes for medium) and potatoes are crispy, about 4 minutes per side. Thinly slice steak across grain. Divide potato and steak slices among 4 plates. Spoon about 2 tbsp (25 ml) warm sauce over each serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
Harmony at home may have been somewhat elusive of late but today's solar eclipse will help you make the peace.

TAURUS ♉
APRIL 21-MAY 21
Honesty may be the best policy but sometimes honesty can be a bit dangerous too, and that's something you need to bear in mind today.

GEMINI ♊
MAY 22-JUNE 21
For too long you have been content to take what you were given but today's solar eclipse in the money area of your chart urges you to be more dynamic.

CANCER ♋
JUNE 22-JULY 22
Today's solar eclipse in your sign will in some way or other reward you for the not inconsiderable efforts you have put in over the past few weeks.

LEO ♌
JULY 23-AUG 23
The Sun's transit of your birth sign as from today means you no longer have to worry what others think, feel or say. Now it's all about you.

VIRGO ♍
AUG 24-SEPT 22
It may not be possible for one person acting alone to change the world but several like-minded individuals working together can make a difference.

LIBRA ♎
SEPT 23-OCT 23
All the efforts of the past few weeks will come to a satisfying conclusion today, and no one will be able to say that you are not a winner.

SCORPIO ♏
OCT 24-NOV 22
With your confidence so high at the moment you will want to do something outrageous, and that's fine. Just don't jeopardize your good reputation.

SAGITTARIUS ♐
NOV 23-DEC 21
The more others try to belittle you today the more likely it is they are scared that you are about to outshine them. And they're right.

CAPRICORN ♑
DEC 22-JAN 20
The eclipse in your opposite sign of Cancer means that friends and family members know what is best for you as well as for themselves.

AQUARIUS ♒
JAN 21-FEB 18
The Sun's transit of the relationship area of your chart over the next four weeks or so means you won't have time to take care of details.

PISCES ♓
FEB 19-MARCH 20
Be forceful, be dynamic and be the one who makes things happen, in your private life and in your work.

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